



Red Deer Primary Care Network presents:

Coach Training for Health Care Professionals

The Alberta Relationships in motion program has shown that **95%** of participants found the program was a **positive overall experience**. It is for individuals who are interested in improving relationships in their life – family, personal and work. Participants will learn skills to increase communication, better understand themselves, focus on positives, and take responsibility for their roles within various forms of interpersonal relationships.

Group Participant's comments:

"I am more compassionate and positive and have relearned how to interact with others."

"At peace because I have skills/tools for dealing with stormy relationships and situations. I don't see myself as victim (as much)."

Alberta Relationships in Motion is an 8 week interactive group program, giving opportunities for self-reflection and skill development. Participant and coach's manuals have been developed for the workshop, along with the Alberta wide branding which makes it transferable to any organization. Alberta Relationship in Motion workshops have been offered by Red Deer PCN for the 8 years

Coach training is available **in person**, and offered a limited number of times per year.

To reserve a spot in the July 2020 in-person training:

- complete the attached registration form
- mail it along with your payment to Red Deer Primary Care Network by **May 15, 2020**



When:

July 13 &14, 2020

Registration: 8:30 am July 13th

Session time each day: 9:00 am – 4:00 pm

Approximately 16 hours of pre reading required. Expect 2-week delay to access resources.

Where: Red Deer Primary Care Network

5120 47 Street,

Red Deer, AB

Cost: \$175.00 (to cover nutrition breaks, lunch & take-home training materials)

Accommodation:

If accommodations are required, we suggest the:

Black Knight Inn @ 844.746.8750

Super 8 Red Deer City Centre @ 403.358.7722

Questions? Contact Gail Loov at programsharing@rdpcn.com
or 403.406.4117



Facilitator Training Application Form For Health Care Professionals

July 13 & 14, 2020

Please complete this registration form and mail it along with your \$175 registration fee to Red Deer Primary Care Network by May 15, 2020.

Name: _____

Company: _____ Professional Designation: _____

Email: _____ Contact Number: _____

Why are you interested in becoming an Alberta Relationships in Motion facilitator?

How do you see spreading this program at your workplace?

The training program requires a minimum of 5 participants. If the minimum participants are not achieved for this Learning opportunity, it may be cancelled with full refund of registration fee.