

WORKSHOP REGISTRATION

NAME: _____ REGION: _____

AGENCY: _____ DIVISION: _____ TITLE: _____

PHONE NUMBER: _____ PEF POSITION: _____
(Steward, Division Leader, Activist)

WORKSHOP SELECTIONS:

Please Note: New Stewards MUST take all five Basic Steward Training Modules During The Conference

Please select from the following workshops by inserting a check \checkmark for your selections.

_____ All Basic Steward Training Modules

Saturday, April 24th Morning Choices: 9:00a.m. to Noon

_____ Out of Title Work **-OR-** _____ Bullying Workshop

Saturday, April 24th Afternoon Choices:

1:00p.m. to 5p.m. _____ Occupational Stress Workshop **-OR-**

1:00p.m. to 3p.m. _____ Labor Management Training &

3:15p.m. to 5:00p.m. _____ Contract Resource Center/Advanced Know Your Contract

Saturday, April 24th Evening Choices:

5:00p.m. to 6p.m. _____ Orientation to PEF Member Benefits

8:00p.m. to 9:00p.m. _____ African Drumming for Health

Course Descriptions On Back

WORKSHOP DESCRIPTIONS:

BASIC STEWARD TRAINING MODUALS:

*Presented By: Ed Ray or Paul West
Mobilization Presented By: Mobilization Staff*

Basic Steward Training is mandatory for all new Stewards. New Stewards must complete all five modules being offered. The modules will go over: Role of a Steward, Know Your Contract, Grievance Process, Discipline & Discharge, and Mobilization.

ADVANCED STEWARD TRAINING:

Presented By: Allan Lahoff & Bob Carrothers

Experienced Stewards will have options of two Tracks to choose from. The advanced classes are Out of Title Work, Labor Management and Contract Resource Center/Advanced 'Know Your Contract'.

*****HEALTH & SAFETY WORKSHOPS – ARE OPEN TO ALL ACTIVISTS AND STEWARDS WHO HAVE COMPLETED ALL BASIC MODUELS*****

OCCUPATIONAL STRESS WORKSHOP:

Presented By: Geraldine Stella

Occupational stress is a major hazard for many workers. Increased workloads, downsizing, overtime, hostile work environments, and shift work are just a few of the many causes of stressful working conditions. Occupational stress can affect your health when the stressors of the workplace exceed the employee's ability to have some control over their situation or to cope in other ways.

PEF members have experienced dramatic changes in the workplace. There has been a constant barrage of anti-government, anti-state worker rhetoric from inside and from outside of state service. Delayed state budgets, budget deficits, and prolonged contract negotiations have become the norm. This has led to stressful working conditions for PEF members. Getting affected members to work together with union representatives is key in addressing occupational stress.

This workshop is designed to help participants identify sources of stress in the work environment such as: mandatory overtime; irregular work shifts; understaffing; work overload; conflict; and poor supervision. Participants will discuss health problems associated with job stressors and principles and strategies to address them. Where management cooperation is viable, such strategies may include the union and affected members engaging in a joint process to identify occupational stressors and develop interventions that will reduce stress. This can be done through health and safety and labor/management committees and training and education programs. Strategies may also include involving workers in job and workplace design, having input on shift schedules, and/or developing a workplace violence prevention policy or program. Where management is not cooperative, union strategies may include holding peer group meetings, filing grievances, or waging a public awareness campaign.

BULLYING WORKSHOP:

Presented By: Health & Safety Staff

Workplace bullying and co-worker violence have a devastating impact on targets, co-workers, and the workplace. Agencies, union reps, and co-workers are often reluctant to confront this type of workplace violence and systems for intervening are sparse at best. In this workshop we will review causes and discuss solutions to bullying and co-worker conflict. We will also discuss the federally-funded research that PEF is conducting in collaboration with the University of Maryland and other partners.

*****HISTORY OF PEF & THE DRUMMING WORKSHOPS ARE OPEN TO EVERYONE*****

African Drumming for HEALTH! By: Drum Instructor / Performer / Facilitator Elizabeth Orleski & Kam DeLong, Co-Owner of The DrumZZone. The drum can be meditative, relaxing or very energizing and can improve the quality of your life, depending on how and what you play. This workshop explores ways to use the drum as a tool to nurture body, mind, and spirit. We will briefly discuss the health benefits of drumming for the individual and the benefits of drum circles and use the djembe and other percussion instruments to explore rhythm. No musical background is necessary. **Drums will be provided by the Drumzzone (If you have your own Drum – Bring It!!)! Dress comfortably!**