

Shared Learning Events for people living with disabilities, family members and/or loved ones, and aspiring and experienced independent facilitators

Courses will be held virtually using **Zoom Video Conferencing**.

The courses will be delivered in an interactive format, to include a combination of presentation, small group work, reflective exercises, whole group dialogue, and invitations to do some reading and reflection prior to the sessions.

Most courses include 1 full-day session and 1 two-hour session for a total of 7 hours.

The Deepening Mindful Practice course is 2 full-day sessions for a total of 9 hours, plus 4 hours of included mentoring.

The Conscious Listening and Speaking and Fostering Conversations about What Matters courses also include optional opportunities for 4 hours of small group mentoring conversations.

Courses will be led by Judith McGill of LifePath Facilitation. Judith has had extensive experience over the past 27 years supporting individuals with developmental disabilities within the context of their families to take the next step, whatever that might be and to live the life they have imagined. She is the Executive Director of Families for a Secure Future and as such has had the privilege to mentor several Facilitators on an ongoing basis over the years.



Space is limited!

Register here: <https://tinyurl.com/OIFNSharedLearning20-21>

If you need assistance to register, please contact Bill Rollo, OIFN Administrative Assistant
brollo@oifn.ca or 519-966-8094, Ext. 6

UPCOMING COURSE TOPICS

Developing Leisure Identities

JAN 13 & 20, 2021

Conscious Listening and Speaking

MARCH 24 & 31, 2021

Deepening Mindful Practice

MAY 17 & 31, 2021

Fostering Conversations about What Matters

JUNE 17 & 24, 2021

Registration Fees

Leisure Identities, Conscious Listening,
and Fostering Conversations
\$65 per course

Deepening Mindful Practice
inclusive of *Mentoring Conversation*
\$100

Mentoring Conversations for
Conscious Listening
and Fostering Conversations
\$50 per course

Passport funding can be used to cover registration for people and families, to be submitted under Person-directed Planning.

Upcoming Courses

Developing Leisure Identities

This energizing session begins with personal introspection around the ways each of us creates a life for ourselves. The unique exercises and dialogue lead to a fuller appreciation of leisure and how it can create aliveness and balance in our lives.

Key Dialogues:

- What does it take to support others to go after their dreams, to really do what they have always imagined doing?
- How can people be supported to get on with creating a passionate life for themselves?

Wednesday, January 13, 2021 9:00am – 3:30pm	Developing Leisure Identities - Part 1	Full-day Session - 3 hour morning - 1.5 hour lunch - 2 hour afternoon
Wednesday, January 20, 2021 10:00am – 12:00pm	Developing Leisure Identities - Part 2	2 hour Session

Conscious Listening and Speaking

We are called to find a way to listen with our entire being to what matters the most to the people we serve and our family members who live with a disability. Our aim is to meaningfully come to know those we serve so that we can support them set the pace and direction of change.

Today conversation is skewed by a barrage of questions with little space left to have something new emerge spontaneously in our speaking and listening.

This in-depth session offers participants an expanded imagination of what it takes to be truly present in a conversation and hold space.

Wednesday, March 24, 2021 9:00am – 3:30pm	Conscious Listening and Speaking - Part 1	Full-day Session - 3 hour morning - 1.5 hour lunch - 2 hour afternoon
Wednesday, March 31, 2021 10:00am – 12:00pm	Conscious Listening and Speaking - Part 2	2 hour Session
To be determined	Conscious Listening and Speaking – Mentoring Conversations	4 hour small group conversation

Upcoming Courses

Deepening Mindful Practice

Independent facilitators are called upon on a day to day basis to bear witness to other people's vulnerability and wounding life experiences. Many of the life circumstances that people experience are complex and defy simple answers. Facilitators come to understand while doing this work that relationships are the only real safeguard and begin to understand the necessity of building shared purpose between people. This session helps Facilitators understand their role in walking alongside people as they transform their lives. To genuinely build this capacity for taking a "liberation mindset" requires facilitators to develop several practices that will help renew their commitment to and deepen their capacity for mindful presence.

Capacities include:

- To contemplate the role of attention and intention in your practice and in your life.
- To become more mindful in every moment.
- To cultivate a questioning stance.
- To develop a better understanding of and appreciation for power dynamics.
- To cultivate situational awareness.
- To intentionally develop a "community of practice" for ourselves.
- To build the capacity to observe what is there without projecting.
- To honour and hold people's lived experience and stories.

Monday, May 17, 2021 9:00am – 3:30pm	Deepening Mindful Practice - Part 1	Full-day Session - 3 hour morning - 1.5 hour lunch - 2 hour afternoon
Monday, May 31, 2021 10:00am – 3:30pm	Deepening Mindful Practice - Part 2	Full-day Session - 2 hour morning - 1.5 hour lunch - 2 hour afternoon
To be determined	Deepening Mindful Practice - Mentoring Conversations	4 hour small group conversation

Fostering Conversations about What Matters

This session acknowledges the unique role that independent facilitators play in inviting people into conversations about change.

Participants will reflect on their own journey in terms of creating change in their own lives and supporting others as they take up changes big and small.

Themes

- Ways to support people to identify those stories they have about themselves that they feel are stuck and that they want to change.
- How the science of neurobiology and neuroscience can help us understand how people get stuck.
- Emotional literacy and helping people manage their fears, doubts and feelings.
- Learning how to offer clarifying conversations that help people gain insight into sources of conflict and figure out where their visions converge and/or diverge.
- Getting better at mindful attention and triggers and how to stay in a conversation when emotions run high.
- Creating and ensuring safety when helping to hold a difficult conversation.

Thursday, June 17, 2021 9:00am – 3:30pm	Fostering Conversations about What Matters - Part 1	Full-day Session - 3 hour morning - 1.5 hour lunch - 2 hour afternoon
Thursday, June 24, 2021 10:00am – 12:00pm	Fostering Conversations about What Matters - Part 2	2 hour Session
To be determined	Fostering Conversations about What Matters Mentoring Conversations	4 hour small group conversation

Frequently Asked Questions

Who would benefit from these courses?

These offerings were developed with the intention of creating a shared learning experience that includes people living with disabilities, family members and/or loved ones, and aspiring and experienced independent facilitators. OIFN invites participants who are interested in learning together in an inclusive space where all perspectives are present and heard and where co-learning, reflection, and deepening of capacities are grounded in the insights and experiences of people and families and/or loved ones.

Do I need to take all of the courses to be able to participate?

There is value in each of the courses on a stand-alone basis! When taken together, each of the courses will build on learning and deepen one's capacity and understanding of the practice throughout the learning events.

Where mentoring conversations are offered, participation in courses is required prior to participating in the related mentoring sessions.

Will OIFN be offering other dates/times for these courses?

Additional dates will be considered, based on available resources, demand, and feedback received from these sessions. OIFN is making this initial investment, based on feedback from people and families and related to OIFN's 3 priorities for 2020, which include "building/ re-building and supporting Independent Facilitation across the province." OIFN will be pursuing opportunities to offer similar co-learning in the future.

Does completion of these courses "certify" me as an independent facilitator?

A Recognition of Participation will be issued upon completion of a course. OIFN does not certify or endorse independent facilitators in Ontario. Independent facilitators are not part of a regulated profession. This means that there is not one specific path, course, or background required to become an independent facilitator.

Are there subsidies available for people with disabilities and their family members?

OIFN has strived to set affordable rates for these courses to encourage broad participation.

People who receive Passport funding can submit for reimbursement of course fees.

What can I expect as a participant?

Participants will be able to interact, reflect on the practice, and dialogue in meaningful ways in pairs and small breakout groups. Each course offering will have no more than 25 participants.

Prioritizing comfort and engagement, the full-day sessions will include time for health and body breaks throughout the day.

These learning events are the first of their kind for OIFN. For this initial offering, registration costs have been set at reduced rates, and we will be relying on honest feedback from participants to inform planning of future offerings by OIFN.

What is the benefit of participating in the mentoring conversations?

Offered in small groups of 3, the mentoring conversations offer a unique and essential opportunity for participants to grow by discovering their own strengths and work through their own challenges in a safe encouraging context. Being mentored alongside others heightens and enlarges the mentees' understanding of the practice and the capacities that are most essential to develop. Mentoring conversations offer a meaningful way to make sense of experiences and further explore the role of independent facilitation. These conversations are primarily aimed at supporting participants to earnestly reflect on the values and principles of the practice and digest and make sense of their day to day experiences.