

TRAIN the TRAINER | Spring 2025 Schedule

Location:

Vantage Venues - 27th Floor - Caledonia Room
150 King Street West, Toronto, ON, M5H 1J9

Instructor: Françoise Mathieu, MEd, RP**Format:** In-Person

DAY 1 | Mon, April 7, 2025 | 8:30 AM – 4:30 PM ET

Morning Session

The Foundations of an Empathic Strain & Secondary Trauma Workshop

What are your prior experiences as a trainer? What are your goals? We begin the program with an assessment of strengths and challenges, then explore the educational and experiential goals of a successful secondary trauma workshop.

Afternoon Session

Lessons Learned: Essential Tips for Presenters

Françoise shares her top lessons learned over her 25+ year career. We also explore delivery modalities for specific audiences and the latest research on secondary trauma and empathic strain.

DAY 2 | Tues, April 8, 2025 | 8:30 AM – 4:30 PM ET

Morning Session

Building Your Presenter Toolkit

How do we integrate self-care and grounding skills into our workshops? We discuss the neurophysiology of the pandemic on helping professionals and learn best practices for presenting the “business case” for trauma-informed education.

Afternoon Session

Organizational Health & Your Next Steps

We explore the basics of organizational health and how these concepts relate to secondary trauma education. We also learn how to perform a needs assessment and build an action plan for next steps.

ONLINE SESSIONS

Virtual Q&A Session I | Fri, May 9, 2025

1:00 PM - 2:15 PM ET

After getting a chance to test out your skills, we reconnect to check-in with one another. How is it going? What worked and where do we go from here?

Virtual Q&A Session II | Fri, June 13, 2025

1:00 PM - 2:15 PM ET

Our final check-in for the program. What are the next steps for you as a trainer?

TRAIN the TRAINER | Spring 2025 Schedule

Location:

Vantage Venues - 27th floor - Caledonia Room
150 King Street West, Toronto, ON, M5H 1J9

Instructor: Françoise Mathieu, MEd, RP

Format: In-Person

WHAT TRANSPORTATION OPTIONS ARE AVAILABLE?

The training venue is a 1 minute walk from St. Andrew Subway Station. If you are arriving from Pearson airport, you can ride the UP Express from the airport to Union subway station (25 minute ride).

Learn more at upexpress.com

WHERE SHOULD I STAY?

There are many hotel options within walking distance including:

- [The Hilton Toronto](#) (3 min walk)
- [Sheraton Centre Toronto Hotel](#) (7 min walk)

