

Steward Learning Series

Introduction to Stewarding

What does a CUPE steward do? If you are a new steward and want to learn how to help CUPE members solve workplace problems, this introductory workshop is for you!

Disability & Ableism in the Workplace

Explore what ableism is, how to recognize it, and ways to address it. Learn about how to make your workplace and union accessible to workers with visible and invisible disabilities.

Literacy Awareness

Literacy affects all of us at work. Learning new computer programs, understanding collective agreements, completing forms, or writing reports can all pose barriers for our members. Learn about how stewards can increase literacy awareness and help make the union inclusive and accessible to members.

Psychologically Safe Workplaces

What is a psychologically healthy and safe workplace? Learn to identify the psychosocial hazards in a workplace, and the role of the steward in eliminating them.

Representing Members in Front of Management

This module equips stewards to be proactive when meeting with management. Learn tips for effective meetings and build confidence by practicing meeting situations.

Representing gender and sexually diverse members

Homophobia, biphobia, and transphobia play out in our workplaces, locals, and communities. Learn how to challenge these kinds of discrimination, and respectfully represent gender and sexually diverse members in your workplace.

Solidarity with Indigenous Workers

Learn about Canada's history of colonialism, engage in some myth0busting, and explore ways you can build

LET – Local Executive Training

Essentials for Inclusive Unions

As activists in our unions, we often ask why members are not more involved. This workshop asks a different question: Who is involved and who isn't and what might be some reasons why? How might our unconscious biases contribute to this? How can we represent members in a way that invites those on the margins to get involved and to see the union as a place where they want to make a difference?

Leading as a Team

In this workshop, executive teams explore power and responsibility that comes with it, how we work in teams and how to balance our leadership styles to engage the membership and work effectively across diversity.

Planning for Member Engagement

Learn principles and processes to plan member engagement in your local.

Recording Secretaries

Recording Secretaries play a vital role in keeping local unions strong. Learn how to take clear and accurate meeting minutes, organize files, process and write correspondence and communicate effectively with members.

Health & Safety

Health and Safety – An Introduction

This course serves as an introduction into the world of health and safety and explores different basic concepts such as identification of hazards, Hierarchy of controls, The basic role of health and safety committees, basics on the right to refuse.

Making Committees Work

This module explores the structure, role and function of health and safety committees, their strengths and limitations, and how they can best work within the legislative framework, and within our union.

Recommendations & Notetaking

Learn how to take notes at committee meetings and prepare recommendations.

Workload and Overwork

As employers pull back resources, they expect workers to do more with less. This module will examine workload, the cause and effects of overwork, and strategies to overcome the ever-increasing workload that is damaging not just our health at work, but the relationship we have outside of work.

Violence Prevention

This module examines the risk factors that lead to violence in the workplace, and the employer's obligations to prevent workers from being exposed to and injured by violence while at work. We examine relevant health and safety law and start to develop strategies to make our workplaces safer.

Mental Health

**** Additional charge of \$275.00 ****

Mental Health First Aid

Mental Health First Aid is designed to give you skills to assist someone who is experiencing a Mental Health crisis.

Mental Health in the Workplace – a Unions Perspective

More than half the population will experience a mental health problem over their lifetime. At least 20% of us are dealing with mental illness on any given day. Mental health issues touch every one of us directly or indirectly. What does this mean for us as workers? What about in our role as union activists? What are our duties and responsibilities? How can we support members who may be dealing with mental illness? This workshop will help answer these questions and more.

Parliamentary Procedure & Public Speaking

Parliamentary Procedure



This workshop is about following rules of order when chairing union meetings. Learn about the role of the chair and the different elements (motions, amendments, points of order, etc.). Get a chance to put the learning into practice.

Public Speaking

This workshop will help you gain the confidence you need to speak up at a meeting or public event. Take the opportunity, in a supportive environment to practice speaking on various issues and resolutions. Learn ways to deal with nervousness, and how to prepare and present.

