

TRAIN the TRAINER | Fall 2025 Schedule

Location:

Sheraton Cavalier Calgary Hotel
2620 32nd Avenue NE, Calgary, AB, T1Y 6B8

Instructor: Françoise Mathieu, MEd, RP

Format: In-Person

DAY 1 | Monday, October 27, 2025 | 8:30am - 4:30pm MT

Morning Session

Introduction & Assessment of Your Areas of Strength & Concern

The 12 Educational & Experiential Goals of Secondary Traumatic Stress 101

Afternoon Session

New Research on Managing/Addressing Empathic Strain, Secondary Trauma, and Related Concepts

Delivery Modalities for Specific Audiences & Adapting to Online Education

DAY 2 | Tuesday, October 28, 2025 | 8:30am - 4:30pm MT

Morning Session

with Special Guest Diana Tikasz, MSW, RSW

Understanding the Neurophysiology of High-Stress, Trauma-Exposed Work

Integrating Grounding & Resetting Activities into Your Workshops

Afternoon Session

Organizational Health Essentials

Performing a Needs Assessment & Planning Your Next Steps as an STS Educator, Leader, or Champion

FOLLOW-UP SESSIONS (ONLINE - ZOOM)

Virtual Q&A Session #1

Thursday, December 4, 2025
11:00am - 12:15pm MT

After having a chance to reflect and begin putting lessons learned into practice, we reconnect to check-in with one another. How is it going? What is working and where do we go from here?

Virtual Q&A Session #2

Thursday, January 22, 2026
11:00am - 12:15pm MT

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

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WHERE SHOULD I STAY?

You are welcome to make a reservation at the training venue, [Sheraton Cavalier Calgary Hotel](#), or there are many hotels nearby including:

- [Comfort Inn & Suites Airport South](#) (8 minute walk)
- [Emerald Hotel & Suites](#) (9 minute walk)
- [Royal Hotel Calgary, Trademark Collection by Wyndham](#) (14 minute walk)

WHAT TRANSPORTATION OPTIONS ARE AVAILABLE?

The training venue is a 12 minute drive from the Calgary International Airport (YYC). Calgary offers a variety of transportation options, including public transit (buses and the C-Train), taxis, Uber, Lyft, and rental cars. The city is also walkable and bike-friendly.

