



## **NEW EDI ACTIVITY**

# **TRAINING ON NON-VIOLENT COMMUNICATION**

## **THIS FRIDAY, MARCH 17 FROM 12:00 TO 1:00 PM**

The CGCC, COPL, INTRIQ, QCAM and RQMP are once again partnering to offer you an EDI training on non-violent communication.

This training will be held on March 17th from 12:00 to 1:00 pm in a hybrid online and in-person format at participating institutions. It is offered by URELLES, a diversity and inclusion consulting firm.

### **CONTENT OVERVIEW**

#### **Communication**

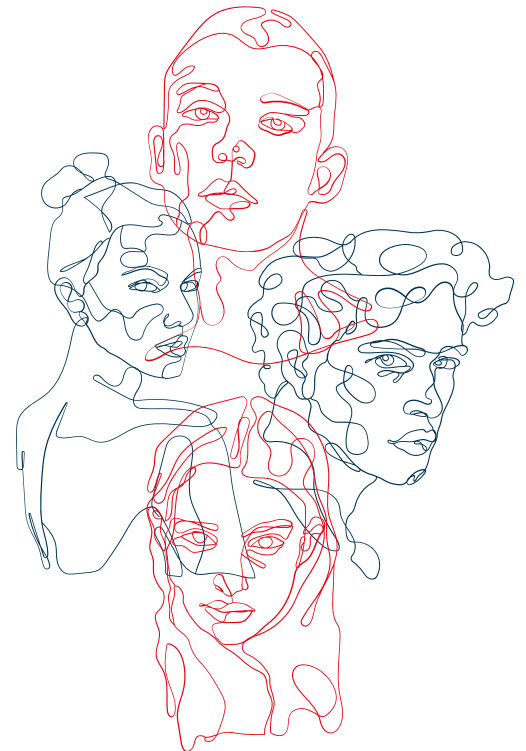
- Communication defined
- Bias in Communication
- Marshal Rosenberg's NVC

#### **Emotional intelligence**

- Self-awareness and self-control in communication
- Recognition of emotions in communication
- Lazarus model

#### **Professional application**

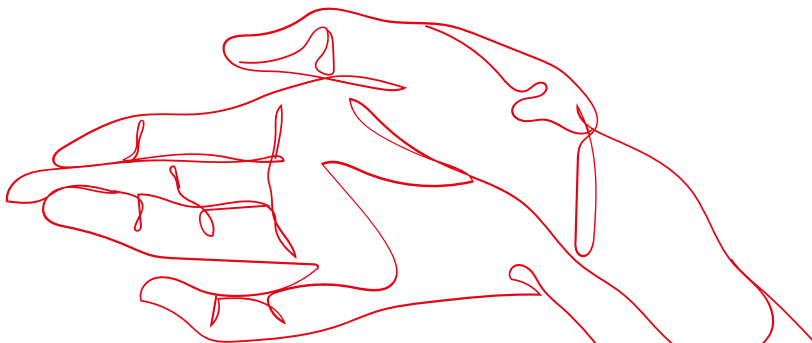
- Feedback culture
- Conflict management
- Relationship management



### **ABOUT THE TRAINER**

Fran Delhoume holds a Master's degree in Organizational Development from HEC Montréal and a short program in Equity-Diversity-Inclusion Management (EDI) at UQAR. She is a trainer in neuroinclusion and works as an EDI analyst with the consulting firm URelles and as a lecturer at the Université de Sherbrooke.

**To reserve your place, fill out the form:**



The workshop will be offered concurrently at the following locations: :

## Montreal

Concordia University  
Loyola Campus  
SP Building, S185-07  
(Entrance to the room is from S185-07)  
7141 Sherbrooke Street West, Montreal, QC, H4B 2A7

McGill University  
McConnell Engineering Building,  
Room to come  
3480 de l'Université Street, Montreal, QC, H3A 0E9

Polytechnique Montreal  
Main Building  
Room A480  
2500 Chemin de Polytechnique, Montreal, QC, H3T 1J4

ÉTS Montreal  
Room to come  
1100 Notre Dame Street W, Montreal, QC, H3C 1K3

Université de Montréal  
MIL - Complexe des sciences  
Room A-5502  
1375 Thérèse-Lavoie-Roux Ave, Montreal, QC, H2V 0B3

UQAM  
Chemistry and Biochemistry Pavilion  
Room CBR-450  
2101 Jeanne-Mance Street, Montreal, QC H2X 2J6

INRS - EMT  
Tudor-Johnston Room  
1650, Lionel-Boulet Bd. Varennes, QC, J3X 1P7

## Quebec

Université Laval  
Alexandre Vachon Pavilion  
Room 2820  
1045, De la Médecine Ave, Quebec City, QC, G1V 0A6

## Sherbrooke

Université de Sherbrooke  
Faculty of Science  
Room D3-2034  
2500 University Bd, Sherbrooke, QC, J1K 2R1

## Trois-Rivieres

Université du Québec à Trois-Rivières  
Room to come  
3351 Bd des Forges, Trois-Rivières, QC, G8Z 4M

