



# This training will take place July 19-21, 2019 in Toronto

 $\label{eq:weights} We will start at 4pm on July 19th. \\$  July  $20^{th}$  and  $21^{st}$  training will be from 9am-4pm

Communication is key to achieving results. It is a necessary skill for engaging those you lead and for building strong relationships. This training is designed to help leaders improve their communication skills. It equips you with the tools, techniques and skills to build your communication capacity at all levels.

The **Communications Training** will explore the following topics through presentations, group work and discussions:

- Taming your inner critic
- Basic communications
- Dealing with difficult situations
- Effective feedback
- Managing your message
- Storytelling
- Public Speaking the basics

#### By the end of the training participants will:

- Recognize the role of communications in effective leadership
- Be more aware of "the inner critic" as it relates to your leadership and life. It will also support you in taking the first steps to beginning to lead, and live, with a bit more freedom from your inner critic
- Better understand and become more knowledgeable about the roles of stories and narratives in all aspects of communication
- Have crafted and shared a 3-5-minute presentation

#### Who is eligible to attend?

To attend you must have completed PLDI Core Training.

All applications will be reviewed by the PLDI Steering Committee and it is the Steering Committee that will make the determination as to the successful applicants.

To be reviewed, an application must include the filled in form and letter comprised in this Word document.

Applications are due by July 8th at 4pm



## **Application Form**

### Please Print Clearly

Contact Information	
Name	
City	
Phone	
E-Mail Address	
Agency affiliated with	
Month and year completed Core Training/Who am I as a leader?	
Community training in the last 12 months	
*priority will be given to those who have not had access to trainings in the past months*	
Demographic Information:  The demographic information collected is to help ensure diversity of participants in the training and for program reporting purposes (Names will not be associated with the information reported)	
I identify my ethnicity/race as:	
My age is:	
My highest education:	
I identify my gender as:	
I identify my sexual orientation as:	
Any special physical needs that might affect your participation in the training such as: visual or hearing impairment; use of a wheelchair or mobility issues; etc. and/or allergies or food restrictions? Please state below:	



Communication comes in many forms including writing. Please write us a few words about yourself in the box below to help us select participants for this training. Tell us what you would like to get out of this communication workshop and how you plan to use this training. Agreement and Signature I certify that the information on this registration form is accurate and wish to submit this application to attend the Ontario AIDS Network Positive Leadership Development Institute Mental Health First Aid training. Name (printed) Signature Date Thank you For Office Use Only Date Received

Received By

Notes