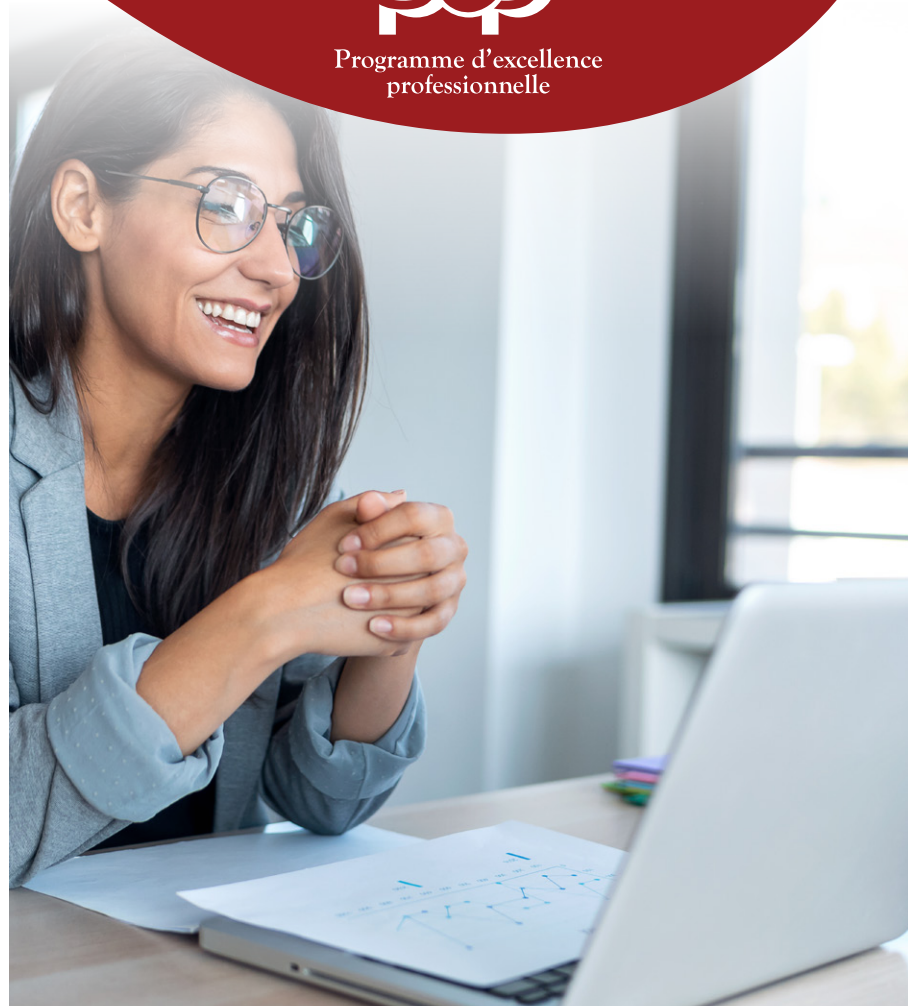


FALL 2022



Programme d'excellence
professionnelle



FORMATION
CONTINUE
EN SANTÉ

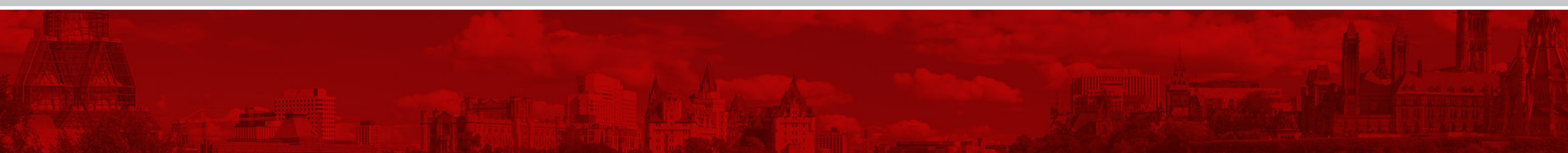


CONSORTIUM NATIONAL
DE FORMATION EN SANTÉ

Volet Université d'Ottawa

La présente initiative a été rendue possible grâce
à la contribution financière de Santé Canada.

cnfs.ca



Conferences will be held in French only

The **PROFESSIONAL EXCELLENCE PROGRAM (PEP)**

led by the CNFS – Volet Université d'Ottawa provides French-language continuing education in various health fields and aims to:

- ▶ improve daily practices of professionals in Francophone minority communities
- ▶ foster exchanges among health professionals

Registration free of charge: cnfs.ca under the tab Professionnels - Conférences.

NOTE

Conferences are held from 12:00 noon to 1 p.m. (Eastern Time). Please make sure to adjust according to your time zone.

The Consortium national de formation en santé (CNFS) is a pan-Canadian group of sixteen universities and colleges that offer French-language education in various health disciplines. The University of Ottawa is one of sixteen university and college partners that constitute the CNFS.



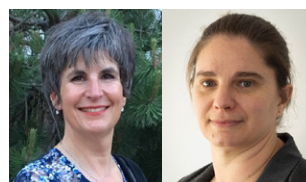
October 4, 2022

Learning to be assertive

MAURICE HASHIE, YWC, CLC, Certificate in Adult Education

Teacher and Life Coach
Collège de l'Île and Effective Life Coaching

- ▶ Explore the categories of interpersonal behaviours
- ▶ Develop empathy for others
- ▶ Being assertive while respecting our needs and those of our entourage



November 2, 2022

**Paramedic trainees:
peer support sustaining resilience
in traumatizing situations**

BRIGITTE LALONDE ¹, PSA

Advanced Care Paramedic ¹
Collège La Cité ^{1,2}

KARINE ST-DENIS ², Ph.D.

Researcher ²

- ▶ Identify mental health issues among paramedic students/trainees
- ▶ Recognize the goals and benefits of a peer-support system
- ▶ Describe the steps in implementing a peer-support system



December 7, 2022

Weight: do we talk about it or not?

ANDRÉE-ANN DUFOUR BOUCHARD, Dt.P., M. Sc.

Nutritionist and project leader
Équilibre

- ▶ Recognize the determinants of weight
- ▶ Define the links between weight, life habits and health
- ▶ Identify situations where it is justified to bring up the topic of weight in order to intervene without harm