

CONTINUING EDUCATION CALENDAR

the courses that fit *naturally*



september - december 2009 | selkirk.ca

leadership & management

FITNESS EDUCATORS

FITNESS KNOWLEDGE

Prerequisite for all CFES courses. Class or home study. Fee is \$245 for class format and \$210 for homestudy. There will be a pre-course assignment issued upon registering for the face to face program.

Castlegar Campus

Kirsty Brown

3 classes: Oct. 16-18, Fri. 6-9 pm, Sat. & Sun.

8:30 am-4:30 pm

3 classes: Feb. 5-7, Fri., 6-9 pm, Sat. & Sun.

8:30 am-4:30 pm

GROUP FITNESS INSTRUCTOR

Foundation skills to design and deliver a safe, effective group-exercise class. Prerequisite: Fitness Knowledge.

Castlegar Campus

\$210

Heather Bouchier

3 classes: Apr. 16-18, Fri. 6-9 pm, Sat. & Sun.

8:30 am-4:30 pm

PERSONAL TRAINING SPECIALIST PROGRAM

Includes the Weight Training Course, Practicum and Personal Training Course and Practicum. This comprehensive 90-hour program prepares you to work one on one with all types of clients as a BCRPA Weight Trainer & Personal Trainer and be respected in an industry that demands quality. You will gain hands on practical experience; therefore, as a graduate you will be confident to enter the workforce as a registered fitness professional. See dates for Weight Training Instructor Level 1 and Practicum and Personal Trainer Course and Practicum. This program can be completed over 6 months.

WEIGHT TRAINING COURSE

This 20-hour course is designed to teach individuals the principles of exercise prescription, training principles, program design,

anatomy, physiology, safety, body mechanics, and nutrition related to weight training. Emphasis is placed on the weight room and you will leave the course able to design a weight training program for adults, adolescents, mature adults and pregnant clients.

Castlegar Campus

\$220

Samantha Reid

3 classes: Nov. 6-8, Fri. 6-9 pm, Sat. & Sun.

8:30 am-4:30 pm



WEIGHT TRAINING PRACTICUM

Includes practical hands on experience and the Weight Training Instructor Competency evaluation. The practicum is designed to complement the Weight Training Course by providing scenarios, labs and "real" clients allowing you to gain the hours of experience required as pre-requisite to become a registered personal trainer.

Castlegar Campus

\$165

Samantha Reid

2 classes: Nov. 28-29, Sat. & Sun. 8:30 am-4:30 pm

PERSONAL TRAINER COURSE

This 38-hour course is designed to teach advanced program design for healthy and special populations, testing, assessment, consultation, goal setting, advanced anatomy and physiology and the business of personal training. You will feel confident writing the Personal Training provincial exam at the end of the course. Materials and exam provided: Students may choose to order the NSCA

Essentials of Personal Training manual from BCRPA atbcrrpa.bc.ca. This manual is NOT required.

Castlegar Campus \$350
Samantha Reid
6 classes: Feb. 26-Mar. 7, Fri. 6-9 pm,
Sat. & Sun. 8:30 am-4:30 pm

PERSONAL TRAINING PRACTICUM

This course allows students to gain hands on experience and to complete the Personal Training Instructor Competency evaluation. The practicum is designed to complement the personal training course by providing scenarios, labs and "real" clients, completing the 10-hour logbook of experience required to become a registered personal trainer.

Castlegar Campus \$165
Samantha Reid
2 classes: Mar. 27-28, Sat. & Sun.
8:30 am-4:30 pm

LEADERSHIP

ACING YOUR INTERVIEW

Terrified of job interviews? The team at outreach Employment Services will help you learn how to ace your next job interview. Attend this workshop to have a fun, interactive experience while honing these skills. Bring a copy of your resume.

new Nakusp Centre
Free, you must pre-register
Susan Gustafson, Margaret Driscoll
1 class: Sept. 28, Mon. 1:30-4:30 pm

BERTI BAKER

Berti Baker is a Life Coach, writer, speaker, facilitator, consultant and mediator. She has over 35 years experience assisting people on the journey to success. Offering practical tools for everyday applications in your business and in your home, Berti provides participants with an opportunity like no other for achieving desired changes. Berti has accumulated a wealth of experience, and she says that there is no "perceived problem" no challenge, no desire for improvement, no area where change is sought which cannot be happily addressed and dramatically enhanced with results that are tangible, deeply meaningful and lasting.



CLEARING CLUTTER

Learn the no-fail approach to clearing any/all areas of your life. Using basic natural laws governing the movements of energy in our lives, discover the underlying causes of your own unique blockages to the clearing process; learn how to release and move through them to transform your life.

new Trail Campus \$95
Berti Baker
1 class: Oct. 23, Fri.
8:30 am-4:30 pm

FENG SHUI FOR BEGINNERS

Feng Shui is working with the natural movement of energy in our environment to enhance our lives. Learn quick and easy applications which you can use immediately for dramatic results in every area of your life. Fun, easy and absolutely magical!

new Grand Forks Campus \$95
Berti Baker
1 class: Oct. 17, Sat. 8:30 am-4:30 pm

new Trail Campus \$95
Berti Baker
1 classes: Nov. 7, Sat. 8:30 am-4:30 pm

NINE KEYS TO TOTAL TRANSFORMATION

Learn how to dramatically enhance the quality of your life with nine primary activities which require just 45 minutes per day. Master simple and easy techniques, founded on basic principles of natural law, for accessing and honouring your true essence. Rewarding and fun-with totally amazing results.

new Trail Campus \$95
Berti Baker
3 classes: Nov. 2, 9, 16, Mon. 6-9 pm

THE 3D WORKSHOP: DARE TO DO WHAT DELIGHTS YOU

Learn the importance of paying attention to, and honouring, the paths and activities which give you JOY. Gain insights into those paths and master quick, easy techniques and unleash your creativity to enhance all areas of your life.

new Trail Campus \$95

Berti Baker

1 class: Dec. 6, Sun. 8:30 am-4:30 pm

THE JOYS OF JOURNALING

Using quick and easy, but powerful, techniques, learn how to add the invaluable practice of journaling to your repertoire of "discovery tools" in just minutes a day. From the creative to the therapeutic, you will gain tremendous insights and gain confidence in your own problem-solving, decision-making capabilities.

new Grand Forks Campus \$95

Berti Baker

1 class: Nov. 14, Sat. 8:30 am-4:30 pm

new Trail Campus \$95

Berti Baker

3 classes: Oct. 13, 20, 27, Tue. 6-9 pm

WHEN SPIRITUALITY & SCIENCE MEET

A light-hearted adventure requiring an open mind and a willing heart. Learn the basics about how the ways in which energy moves and behaves affect absolutely every aspect of our lives, our thoughts, our emotions, our physical conditions, our relationships, our finances, our creativity and so on.

new Trail Campus \$95

Berti Baker

3 classes: Nov. 24, Dec. 1, 8, Tue. 6-9 pm

YOUR RELATIONSHIP WITH MONEY

Gain deeper awareness of the patterns governing your relationship with money. Discover what is really going on with the "Law of Attraction" and how it affects your financial situation and your life. Learn practical approaches for transforming your undesired habits, dramatically shifting the patterns and welcoming abundance into your life, no matter what the "economic climate" is!

new Trail Campus \$95

Berti Baker

3 classes: Nov. 12, 19, 26, Thur. 6-9 pm



BRIDGING THE GENERATION DIVIDE

Whether you are an employer trying to tap into young talent, or a parent trying to understand the young adult that is living in your basement, learn who Gen Y are, why they behave as they do, how to hook them and what you can do to engage them in the workplace.

Trail Campus \$45

Carol Corbett

1 class: Sept. 16, Wed. 8 am-4 pm

1 class: Oct. 27, Tue. 8 am-4 pm

CAREER COUNSELLING

Selkirk College counsellors are here to assist you with career and educational decisions. We can suggest activities and resources to help you consider your options. 45-minute appointments available, both in person and by phone. Please call to make your appointment.

Kaslo Centre Free

Laurie Read

Oct. 8, Thur. starting at 9:30 am

Nakusp Centre Free

Laurie Read

Oct. 28, Wed. starting at 9:30 am

CAREER OPTIONS

Are you laid off? Wondering what to do next? In this information session, find out about programs available to help you get back in the workforce.

Kaslo Centre Free

Pre-register required.

Patricia Rawson, Employment Specialist,

Kootenay Career Development Society

Oct. 16, Fri. 10 am-noon

COMMUNICATIONS & CONFLICT RESOLUTION FUNDAMENTALS

Ever had a failure to communicate or be understood? Have you been frustrated by unnecessary conflict? Want to prepare yourself to get that raise, experience a better outcome in the next negotiation, or influence others to your way of thinking? Learn fundamental concepts of effective communication and conflict resolution. Discover how to understand yourself and others to achieve greater success in dealing with these difficult situations.

Trail Campus \$275
 Bill Cave, Breakthrough Strategies Consulting
 1 class: Nov. 20, Fri. 8:30 am-4:30 pm

Nakusp Centre \$45
 Pauline Daniels
 1 class: Sept. 26, Sat. 1-3:30 pm

Nelson: Silver King Campus \$45
 Pauline Daniels
 1 class: Oct. 3, Sat. 9-11:30 am

new Trail Campus \$45
 Pauline Daniels
 1 class: Oct. 31, Sat. 1-3:30 pm

INSTRUCTOR DIPLOMA PROGRAMS

Offered in conjunction with the Vancouver Community College (VCC), the Provincial Instructor Diploma helps educators develop skills in program planning, instructional design and the use of media in instruction and evaluation. Consists of six 30-hour courses and a final assignment. For information, a schedule of all courses, or to register, go to instructordiploma.com or phone 1.888.332.3212.

ID 3105 EVALUATION OF INSTRUCTION

Nelson: Silver King Campus
 6 classes: Sept. 18-20, Oct. 2-4, Fri. 6-9 pm,
 Sat. & Sun. 9 am-4 pm

ID 3106 ELEMENTS OF INSTRUCTION

Nelson: Silver King Campus
 6 classes: Feb. 5-7, Feb. 19-21, 2010,
 Fri. 6-9 pm & Sun. 9 am-4 pm

LEAD YOURSELF TO WISDOM

Based on popular demand, this dynamic workshop will help women reconnect with themselves and learn how to create inner harmony and outer balance to calm the internal struggle. You can live with a sense of joy.

new Grand Forks Campus \$45
 Pauline Daniels
 1 class: Nov. 7, Sat. 1-3:30 pm

new Kaslo Centre \$45
 Pauline Daniels
 1 class: Oct. 17, Sat. 1-3:30 pm



MYERS BRIGGS (MBTI) CERTIFICATION PROGRAM: STEPS I & II

Whether you work in human resources, counselling or management, add this powerful personality type indicator tool to your list of professional resources. Learn to apply the Myers-Briggs Type Indicator (MBTI) to your organization's or clients' important business, career and personal decisions. Empower employees, enhance team productivity and reduce conflict. Obtain the certification necessary to purchase the MBTI instrument while earning credit towards your Human Resources Professional Association's (HRPA) or CHRP designation, Canadian Counselling Assoc. or Canadian Professional Counsellors' Assoc. continuing education credit. Manual costs extra. For those only needing Step II the fee will be \$390 plus materials. Precourse preparation required.

Trail Campus \$2195
 (\$1995 if registered before Sept. 23)
 Donna Dunning; Psychometrics Canada
 4 classes: Oct. 19-22, Mon.-Thur. 8:30 am-4:30 pm

MYERS-BRIGGS TYPE INDICATOR

Discover yourself through the Myers-Briggs Type Indicator (MBTI). MBTI helps you to understand yourself and to better understand and appreciate those who differ from you. In this workshop, you will explore your

personality preferences. What are the benefits of knowing your type? Greater understanding of yourself and others, improved communication skills, knowledge of your personal and work style, and help identifying your unique gifts. Participants will be required to complete an online assessment before the workshop. Once you have registered, you will be given the information to access the internet website. You will receive your results during the workshop. Patricia Rawson is a qualified MBTI practitioner. She has been an employment counselor in the Kootenays for over 12 years and encourages people to find work they love through the MBTI.

Kaslo Centre \$65
 Patricia Rawson
 1 class: Sept. 26, Sat. 10 am-4:30 pm



NON-PROFIT MANAGEMENT: INTRO.

Working or volunteering in the non-profit sector? The BC Centre of Non-Profit Development credited course consists of 10 modules to improve your skills in leading and managing, financial management, marketing and public relations, board governance, strategic planning, evaluation and resource development. Contact conference@selkirk.ca or 866.301.6601 ext 227 for details.

Nelson: Silver King Campus Free to sponsored nonprofit organizations
 Phil Kolbuc www.philkolbuc.com
 7 classes: Oct. 23, 24, 31 / Nov. 7, 14, 20, 21,
 Fri. 6-9 pm & Sat. 9 am-4 pm

PERSONAL PLANNING & TIME MANAGEMENT

Always out of time and frustrated by not getting the right things done? Learn how to avoid these frustrations by applying practical time management strategies and developing an understanding of personal mission, vision and values and how they can be applied to effectively manage time and priorities.

Trail Campus \$125
 Bill Cave
 1 class: Oct. 2, Fri. 8:30 am-12:30 pm

STANDARDS OF PRESENCE: PRACTICAL SKILLS FOR FULL ACCEPTANCE

For teachers, learners, facilitators, peace-builders, parents, business owners, community members who want to create positive conditions for learning and group activity. Ten guidelines for creating safe, inspired learning environments that facilitate openness, discovery and connection with others. Includes: introduction of Standards of Presence (SOP's), practical application opportunities, and hands-on participation, demonstration and celebration!

Nelson: Silver King Campus \$45
 Ruth Beck, Susan Merz Anderson
 3 classes: Oct. 19-Nov. 2, Mon. 7-9 pm yes

TOASTMASTERS CLUB: ARROW LAKES

Want to become a better speaker? In a fun, supportive environment, the Toastmaster program helps you develop communication skills and open doors in your personal and professional life. For more info visit: toastmasters.bc.ca

Nakusp Centre \$90/year
 + \$35 one-time new member fee
 Linda Kendall

To ensure the course you want
 doesn't get cancelled...

**DON'T WAIT!
 REGISTER EARLY!**

registration information

BOUNDARY CAMPUS | GRAND FORKS

boundaryce@selkirk.ca
486 72 Avenue, Box 968
Grand Forks BC V0H 1H0
Tel 250.442.2704
Fax 250.442.2877

CASTLEGAR CAMPUS

castlegarce@selkirk.ca
301 Frank Beinder Way
Castlegar BC V1N 4L3
Tel 250.365.1208 toll-free 1.888.953.1133
Fax 250.365.3929

KASLO LEARNING CENTRE

kasloce@selkirk.ca
421 Front Street, Box 1149
Kaslo BC V0G 1M0
Tel 250.353.2618
Fax 250.353.7121

KSA: KOOTENAY SCHOOL OF THE ARTS

artsce@selkirk.ca
606 Victoria Street
Nelson BC V1L 4K9
Tel 250.352.2821 toll-free 1.877.552.2821
Fax 250.352.1625

NAKUSP LEARNING CENTRE

nakuspc@selkirk.ca
311 Broadway, Box 720
Nakusp BC V0G 1R0
Tel 250.265.4077
Fax 250.265.3195

NELSON/SLOCAN VALLEY:

SILVER KING CAMPUS

nelsonce@selkirk.ca
2001 Silver King Road
Nelson BC V1L 1C8
Tel 250.352.6601 toll-free 1.866.301.6601
Fax 250.352.3180

NELSON/SLOCAN VALLEY:

TENTH STREET CAMPUS

nelsonce@selkirk.ca
820 Tenth Street
Nelson BC V1L 3C7
Tel 250.352.6601 toll-free 1.866.301.6601
Fax 250.352.5716

TRAIL CAMPUS

trailce@selkirk.ca
900 Helena Street
Trail BC V1R 4S6
Tel 250.364.5770
Fax 250.368.4983

READY TO REGISTER? | my course wish list

TITLE	PAGE
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

Now, go to page 79 to complete the registration form!

registration form

name _____

address _____

_____ date of birth _____

tel _____ email _____

course title course location course start date fee

card# _____ expiry _____

signature _____

HOW TO REGISTER

OPTIONS

- Email, fax, call, or visit the campus offering your course—see page 78 for campus details.
- Complete this registration form.
- Choose payment method (cheque, Visa or MasterCard).

PAYMENT

PHONE/FAX: If you are paying by Visa or MasterCard, we can process your registration over the phone.

MAIL: Please send a completed registration form along with your cheque or money order.

IN PERSON: Feel free to drop by, but please call first to confirm your campus is open that day. Debit is available at most locations.

Please note that fees are payable upon registration. We cannot hold a space for you until fees have been paid.

POLICIES

CLASS CANCELLATIONS: If there are not enough registratons to cover the cost of instruction, the course will be cancelled and fees refunded in full. No classes are on Statutory Holidays.

WITHDRAWALS: Full refund will be given for withdrawals made 4 days prior to course start. 50% of the course cost will be refunded for withdrawals 1-3 days prior to course start.

INCOME TAX: Course fees totalling more than \$100 are income tax deductible. Keep your receipt as no duplicates will be issued.

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