



Trainee Professional Development Retreat: Collaborative Communication

Retreat Description

The Trainee Professional Development Retreat: Collaborative Communication retreat took place September 30 - October 1, 2017 at the Banff Centre for Arts and Creativity. The focus of this retreat was on the interpersonal and public/professional aspects of communication. These topics were selected because the ability to work closely with and collaborate with others, and to speak clearly, concisely and persuasively is paramount to success in any career.

Session Highlights - Collaborative Communication

Participants will explore their personal values and communication style through the Strength Deployment Inventory (SDI) to identify their personal strengths and preferences in relating to others when everything is going well and when faced with conflict or tension. This tool will be used to think about the similarities and differences in communication preferences and to learn how to adjust messages to successfully communicate with different audiences. Participants will deepen their awareness around how they communicate ideas and choose to navigate conflict situations.

Strength Deployment Inventory (SDI)

A general introduction to the tool and an active exploration of participant results when things are going well. The group will discuss how the results of the SDI can be used to explain – and change – approach or behaviour. The SDI results will be used to explore communication when there is tension or conflict. Focus will be on paying attention to and adapting communication approaches and encouraging consideration of conflict as a constructive force.

Communication Challenge/Opportunity

Learning Partner group work will consist of participants sharing communication challenges you might have with someone. We will apply a relational model that examines how we share responsibility in building trust and the behaviours necessary for stronger collaboration.

Conflict, Power and Authority

In a large group as well as smaller groups, participants will explore a variety of concepts dealing with conflict, power and authority, giving them opportunity to observe and practice different approaches.

Facilitators

Elaine Broe and Kelly Wood, Banff Centre for Arts and Creativity

Agenda

Saturday

Sunday

Breakfast

9:00 A.M. – Noon

Strengths Deployment Inventory: Communication in Conflict

Mindfulness Experience

Building Trust in our lives: Reflection & Feedback

Arrive at Banff Centre in the morning

Lunch 11:30 A.M. – 12:10 P.M.

Lunch & Walk 12:30 - 1:40 P.M.

Opening Remarks

Program Introduction

Getting to know who is in the room

1:00 – 4:30 P.M.

Strengths Deployment Inventory: Our Preferences When Things are Going Well

Experience: Communication & Assumptions

How we work together: Emotional Intelligence

1:40 – 3:00 P.M.

Leadership & Communication

Learning Takeaways & Practical Application

Formal Program Close

Bus to depart Banff Centre at 3:45 P.M.

Dinner 5:30 P.M. - 6:30 P.M.

6:30 – 7:45 P.M.

Communication in Action

Trust: What is it & Why it Matters

8:00 P.M.

Reception

Please note: Agenda is subject to change.