TO: All Conscious Care and Support Participants

RE: The University of Toronto Certification

DATE: December 7, 2026

Hello Everyone,

As announced during our orientation, the University of Toronto certifies all participants for the *Conscious Care and Support* training based on successful completion of the following.

Certification Requirements are as follows:

1. **Completion of the** Wellness Facilitation Plan (.word download found under Week One on the class webpage). If you are working in a group, each participant is to submit a copy of your Group Composite Plan, including your Personal Plan Statement.

2. **Professional and Personal Learnings:**
   After a complete review of the CCS Text Book, **write a 750 – 1,000 word summary of your most significant Professional and Personal Learnings as a result of participating in the *Conscious Care and Support* training**.

3. **Write a 200-250 word 'story'** that completes the sentence "One of the most personally meaningful support or leadership experiences that I have had since starting the *Conscious Care and Support Course* has been ……"

Process: **Submissions are required by Friday January 8, 2027 by 11:59 pm.**

Please email submissions with your name and contact information to:
adriana@centreforconsciouscare.ca

Please contact Adriana (Addy) for clarification as required:
adriana@centreforconsciouscare.ca

Please ensure that **your name is on this assignment**.

Also state if you do not give permission for this assignment to be reviewed by others for quality control purposes.