

# Workshop

## *Facilitating Groups with Confidence*

**1 Day Workshop for Health & Community  
Providers & Staff who Facilitate Groups**

**8 CPD Hours**



**Presented by**  
**Heather Beaton BSc(OT) Reg(NS)**  
Labyrinth Wellness, Facilitator

# Facilitator Bio

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## Heather Beaton, BSc(OT) Reg(NS)

Heather is a licensed Occupational Therapist with over 20 years of experience working in the formal Mental Health and Wellness systems. She is a graduate from Dalhousie University with degrees in Biology and Occupational Therapy.

Heather has expertise in Mental Health, Change Management, Behaviour Change Counseling, Health System Navigation and Group Facilitation. She runs her own private practice with a focus on building capacity in mental health, wellness, facilitation skills and change management.

Heather is an Affiliate Facilitator for Opening Minds and has been facilitating Mental Health First Aid and “The Working Mind” for 9 years. She is a certified Prosci Change Practitioner. When Heather does a workshop or program, she brings all her expertise and experience and a little bit of humour and fun.

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# Facilitating Groups with Confidence

## 1 Day Workshop for Health & Community Providers & Staff

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### Learning Objectives:

### Participants will be able to:

- Identify **adult education principles** and apply them when working with people in small group and large group settings.
- Understand how to create **tailored learning objectives** that meet the needs of the participants.
- Demonstrate and practice creative and engaging **instructional and facilitation techniques**.
- Understand **practical strategies** to applying **trauma-informed** approaches when facilitating groups.

### Workshop Style:

- Interactive, large group presentation, small group demonstrations and practice, videos and small group discussions.
- The facilitator will model and demonstrate best practice creative techniques to engaging a variety of audiences.

**Time:** 8 hours

**Delivery Method:** In person

**Date:** Saturday June 14th, 2025

**Time:** 8:30-4:30pm

**Location:** Atlantic Business Interiors Showroom  
30 Troop Ave, Dartmouth NS B3B 1Z1 (free parking on site)

**Cost:** \$250 + HST (total \$287.50) per participant (includes all materials and a lunch)

**Register here  
by scanning  
the QR code**



**Registration Link:**  
<https://forms.gle/9SQATZXxS7DWSVC26>