Appreciative Inquiry
Presented by Dr. Paul Mohapel

“At its heart, Appreciative Inquiry is about the search for the best in people, their organizations, and the strengths-filled, opportunity-rich world around them” (Stavros, et al., 2015)

Appreciative Inquiry (AI) is an energizing, strength-based approach for sparking positive group development that is ideal in adult education classrooms, communities, and workplaces. Unlike traditional problem-based tools and models that focus on what is dysfunctional, AI focuses on what is working well (appreciative) by engaging people by asking questions and telling stories (inquiry). This session will examine approaches to bring AI into the educational setting, to help educators leverage strengths and generate possibilities in order to help students move more effectively towards their goals.

Following the workshop participants will be able to:
- Identify the basic theory behind Appreciative Inquiry
- Identify uses (models and processes) of Appreciative Inquiry
- Practice using the “4D” model (discovery, dream, design and delivery)
- Set goals in applying Appreciative Inquiry to group development and change processes in an education setting

Paul Mohapel began his career as a neuroscientist, and while working in Sweden he had an epiphany that inspired him to leave science and move towards leadership and education. Today, he uses his knowledge of the brain, psychology and leadership to consult, facilitate and educate with a variety of organizations. His research interests include the biological and social underpinnings of leadership. Both, as an educator and a facilitator, he takes this holistic approach so that learners can connect more deeply with the content.

Performing Under Pressure – Being at Your Best When it Matters Most
Presented by Denis Harrigan, M.Ed.

Regardless of the task, pressure can diminish your judgment, attention, and ultimately your performance. The ability to perform under pressure separates exceptional leaders from good ones. Drawing on research from neuroscience, leadership studies, and sport psychology, this session deals with the psychological and physiological aspects of pressure. Several practical strategies will be presented that will help you perform under pressure as educators in busy medical settings. The mindset of high performers will be explored as well as long-term solutions to pressure situations. Participants will create a personalized action plan for raising their performance and producing results under pressure.

Following the workshop participants will be able to:
- Understand the difference between pressure and stress
- Recognize and avoid mental traps that diminish performance
- Learn to be composed under pressure and deal with negativity and self-doubt
- Practice several pressure reducing and mistake recovery strategies
- Understand the “choking” process and how to avoid it
- Develop a long-term mindset for success

Denis Harrigan is a Sessional Instructor at The University of Victoria (Educational Psychology and Leadership Studies) and President of D.Harrigan Associates, a company helping organizations and individuals reach peak performance and find balance. He is an instructor in the Camosun College Leadership Development Program. Denis has presented at provincial and national conferences where his sense of humour and dynamic presentation style consistently earn “excellent” ratings. He has a lifelong fascination with learning, the brain, and human performance and loves music, coaching and hanging out with his grandkids.

Register Now!

<table>
<thead>
<tr>
<th>Time</th>
<th>Activity</th>
<th>Presenter</th>
</tr>
</thead>
<tbody>
<tr>
<td>9:30 am – 10:00 am</td>
<td>Registration and coffee/snacks</td>
<td></td>
</tr>
<tr>
<td>10:00 am – 12:00 pm</td>
<td>Appreciative Inquiry</td>
<td>Dr. Paul Mohapel</td>
</tr>
<tr>
<td>12:00 pm – 1:00 pm</td>
<td>Lunch</td>
<td></td>
</tr>
<tr>
<td>1:00 pm – 3:30 pm</td>
<td>Performing Under Pressure – Being at Your Best When it Matters Most</td>
<td>Denis Harrigan</td>
</tr>
</tbody>
</table>

Workshop coordinated by Dr. Sarah Buydens, Regional Faculty Development Director, Vancouver Island