



Training Testimonials

“Our team really enjoyed working with Jo to build our conflict resolution skills and learning how to address conscious and unconscious biases. She took great care to get to know our team in advance of the sessions and as a result, delivered sessions that were tailored uniquely to us and our needs.”

In session, Jo’s facilitation was spot on – she is personable and engaging, and strikes the right balance between delivering content and providing space for reflection and interaction. Jo also brings a deep understanding of international cooperation, social justice and feminism to her work, that compliments the entire experience of working with her.”

Ashley Armstrong, Communications Co-Director, Inter Pares

“Jo created and facilitated training sessions focused on diversity, equity, and inclusion for AboutFace. Jo has always been mindful of delivering sessions that are relevant to participants and empower them with the knowledge to build inclusive, intersectional programs and services. She shows a great commitment to her work at creating equitable and safe spaces and processes.”

Danielle Griffin, Executive Director, AboutFace

Jo’s training helped equip my team with knowledge and skills to navigate difficult emotions and difficult conversations in the workplace. I appreciated Jo’s thorough approach in understanding my team’s context and customizing training accordingly. My team particularly appreciates Jo’s warmth and humour, and the concrete steps she gave us for dealing with difficult emotions, active listening, and preparing for difficult conversations.

Having clear and concrete steps will help us to implement the skills we learned moving forward. I value Jo’s holistic approach to training, bringing in elements of neuroscience, mindful communication, conflict resolution and values-based team building. Although it did not come up explicitly in our training, Jo’s grounding in feminist and anti-oppressive was also important to us as a social justice organization. I would happily recommend Jo to groups and organizations looking to better understand and navigate conflict.

Charlotte L, Director of Development and Member Services, Council of Canadians



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“During the training, we were able to touch on delicate subjects more comfortably and have an open conversation about how we can improve our feedback processes. It gave me better tools to build feedback that is constructive.”

Sofia, Fundraiser

“What I appreciated about the training was the emphasis on starting with positive feedback, and on the importance of positive feedback in general - how it can boost morale and effort. Another take-away that I appreciated was approaching giving feedback as an opportunity to work collaboratively toward solutions (as opposed to a one-way flow of information) and the importance of checking assumptions.”

Workshop Participant, Canada