**List of Topics – SJA Connect Health and Safety Leadership Certificate Program**

# Module I

St. John Ambulance Landscape

History of the Order

Canadian Honors

International Opportunities

# Module II

Workplace Safety

Working Alone

Emergency Planning (Personal and Family)

Emergency Planning (Community and International Aid)

Healthy Lifestyles

Elder Care

Physical Disabilities

Exceptional Needs

Mental Health

Drug Awareness

Emotional Health & Stress Busters

Risk Taking

ATV Safety

Snowmobile Safety

Farm Equipment Safety

Bike Safety

Wilderness Safety

# Module III

Volunteerism I (30 hrs)

Volunteerism II (60 hrs)

Volunteerism III (Leadership Role)

Service Projects Level I (paper-based)

Service Projects Level 2 (table-top simulation)

Service Projects Level 3 (run your own project)

# Module IV

Social Media

Public Relations

Public Speaking

Team Dynamics

Leadership Skills

Coaching and mentoring (lvl 1)

Coaching and mentoring (lvl 2)

Conflict Resolution Skills

# Module V

Citizenship

Independent Living

Cooking and Nutrition

DIY

Basic Financial Skills

Hobbies and Interests