



How to Submit a Training Request

Click [here](#) to access the online version of the inConfidence training catalogue.

All 30-minute sessions and 1-hour seminars are included in your program and can be delivered to you free of charge.

Once you have chosen your topic(s) of interest, we will require all of below information for each requested session:

Topic: _____
Requested Date: _____
Time: _____
Language (English / French / Bilingual): _____
Estimated # of participants (Minimum 10): _____
Address where the session will be held: _____
On-site contact (day of event) _____
Name: _____
Email: _____
Phone: _____

Please send this information to: wellness-bienetre@medavie.bluecross.ca

Once all of the above information is received, the process to book a facilitator for your session(s) is started.

Please note: 4-6 weeks' notice is required to book a facilitator for any requested date, therefore please ensure the above information is provided at least 4 weeks in advance. During the winter months (November - April), sessions may need to be rescheduled due to weather conditions.

If you have any questions, please contact wellness-bienetre@medavie.bluecross.ca