

PRESENTATION SHEET

PROFESSIONAL CO-DEVELOPMENT

2023 ~ 2024

Overcome your
entrepreneurial challenges
by learning from the
experience of women like you

Professional co-development is a method and a rigorous process that supports the exchange of practical knowledge to improve practices or skills in a professional field. (Payette and Champagne, 1997).

The objectives of professional co-development are as follows:

- › To improve your professional practice
- › To belong to a help group in which you feel supported
- › To develop your interpersonal skills and your capacity to help and be helped

Participants will ultimately be able to draw on the momentum of the group to take action.

Values



One fundamental rule: **confidentiality** is mandatory; it allows participants to engage in the process authentically.

Our guiding values are commitment, mutual help, and respect towards all members of the group. Each group member signs a code of conduct in advance of the first meeting.

Method

Each group member assumes the role of the client for one session while the rest of the group focuses on the problem situation by assuming the role of consultant.

- › **Client:** The group spends one hour focusing on the client's problem solution.
- › **Consultants:** Consultants share their experience, their thoughts, their recommended solutions to deal with the problem situation, including opportunities to learn from others' experience.
- › **Facilitator:** The facilitator ensures the session runs smoothly and frames the discussion.



Our professional co-development cohorts

When you join one of the Agricultrices du Québec's professional co-development cohorts, you commit to attending the five meetings: an initial icebreaker meeting (1½ hours), followed by four professional co-development meetings with two clients each (2½ hours).

Each group is made up of 6 to 10 women farmers and does not change once the meetings get under way.

Schedule | Winter 2024 sessions

One cohort is available : check out the calendar

Registration and fees

\$250 for members of the
Agricultrices du Québec

\$450 for
non-members

Registration is on the Dimension E website:
dimension-e.ca/cellules-codev-2024/

ANY QUESTIONS ?

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