

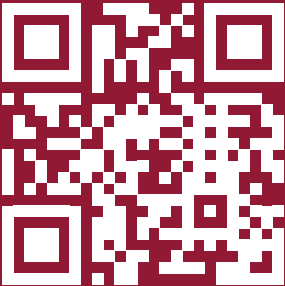
The Consortium national de formation en santé (CNFS) is a pan-Canadian group of sixteen universities and colleges that offer French-language education in various health disciplines.

The University of Ottawa is one of sixteen university and college partners that constitute the CNFS.



Programme d'excellence
professionnelle

Fall 2025



cnfs.ca



CONSORTIUM NATIONAL
DE FORMATION EN SANTÉ
Volet Université d'Ottawa

Financial contribution:



Santé
Canada

Health
Canada

Programme d'excellence professionnelle

Fall 2025

Conferences will be held in French only



The **PROFESSIONAL EXCELLENCE PROGRAM (PEP)** led by the CNFS—Volet Université d'Ottawa provides French-language continuing education in various health fields and aims to:

- ▶ improve daily practices of professionals in Francophone minority communities
- ▶ foster exchanges among health professionals

Registration free of charge: cnfs.ca under the tab Professionnels

NOTE

Conferences are held from 12:00 noon to 1 p.m. (Eastern Time).
Please make sure to adjust according to your time zone.



NOVEMBER 12, 2025

Alexandre Messenger

Founder and Consultant
Human Leadership Humain

Psychological safety: the Achilles' heel of the health community

- ▶ Describing the foundations of psychological safety and its role in performance, wellbeing and quality of care in the health sector.
- ▶ Identifying behaviours that foster or hinder a safe climate.
- ▶ Defining concrete strategies to strengthen psychological safety within our teams.



DECEMBER 10, 2025

Catherine Falardeau, MD

Trauma, really? Reflecting on the widespread use of a key concept

- ▶ Describing how the concept of trauma evolved over the past 20 years and consequences on school and social performance.
- ▶ Understanding the viewpoints that led to current distortions and straightening out scientific facts.
- ▶ Identifying strategies for countering this upsurge and introducing healthy perspectives and behaviours.

Progesterone and women's health: what do we really know?

- ▶ Defining the roles of progesterone in the human body.
- ▶ Discerning differences between progesterone and progestin based on data from scientific studies.
- ▶ Identifying symptoms of progesterone deficiency.
- ▶ Justifying the use of progesterone for women in various clinical situations.