

2025-2026

WORKFORCE DEVELOPMENT COURSE CATALOGUE

VRCA

Vancouver Regional Construction Association

CONNECTING PEOPLE, CREATING OPPORTUNITIES,
BUILDING A BETTER TOMORROW



ABOUT VRCA WORKFORCE DEVELOPMENT

Welcome to the Vancouver Regional Construction Association's Workforce Development Course Catalogue where we feature some of our most popular training programs covering subjects in multiple categories such as; Contracts, Estimating, Leadership, Project Management and more!

ONLINE • INSTRUCTOR-LED • CLASSROOM • SELF-PACED

The Workforce Development Department at the VRCA is dedicated to empowering individuals and organizations within the construction industry through innovative training programs, skills development, and career advancement opportunities. By offering a range of educational resources, certification courses, and hands-on workshops, VRCA helps bridge the skills gap developing a highly skilled workforce that meets the evolving demands of the construction sector. Whether you are looking to enhance your career, improve team performance, or gain specialized certifications, VRCA's Workforce Development Department is your partner in fostering growth and success in the construction industry!

ONLINE EDUCATIONAL PROVIDERS

The VRCA is excited to partner with BuildForce Canada, BIS Training Solutions, Global eTraining and Education To Go to offer hundreds of online courses. Designed to enhance business development, leadership, management, productivity, computer skills, and safety skills to name a few. Our online courses can be taken from the comfort of your own home, and at your own pace!





MESSAGE FROM VRCA

"You can never be overdressed or overeducated."

- Oscar Wilde

MESSAGE FROM OUR PRESIDENT

As we embark on a new year, we are delighted to present the VRCA's 2025 Course Catalog. The construction landscape is ever-evolving, and staying ahead requires continuous learning and adaptation. VRCA's comprehensive range of courses is designed to equip the industry with the latest knowledge, skills, and best practices to thrive in this dynamic environment.

By investing in professional development, you are not only enhancing your own capabilities but also contributing to the overall success and resilience of the industry. Together, we can build a stronger, more innovative, and sustainable construction community.



Jeannine Martin
VRCA President

As a Workforce Manager, I am proud to support VRCA's commitment to equipping industry professionals with the tools they need to succeed. Whether you are looking to upskill, advance in your career, or deepen your expertise, our courses provide the resources to help you achieve your goals.

This catalog reflects the latest industry needs, and by participating in these programs, you are not only investing in yourself, but also in the growth and future of the industry.

If you are a seasoned professional working toward Gold Seal Certification, or new to construction and building a foundation of knowledge, VRCA's programs offer valuable insights and practical tools to enhance your expertise and advance your career.

In 2025, we are excited to introduce several new courses that address emerging trends and technologies, including succession planning, leadership, negotiation, accessibility and more. These additions reflect our dedication to supporting the industry's technical and social progress and ensuring that our members are well-prepared to meet the challenges and opportunities of the future.



Eva Ciesielska
Workforce Manager

Let's take on the challenges of 2025 together and build a stronger workforce for tomorrow!

CONTACT EVA & GET STARTED TODAY!

education@vrca.ca



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GOLD SEAL CERTIFICATION

The Gold Seal Certification is a distinction offered by the Canadian Construction Association (CCA). It is a comprehensive certification program that showcases expertise and commitment to the construction industry and ensures that practitioners are ready to meet the demand of construction projects across the country. It is geared towards professionals such as:

- Estimators
- Foremen
- Project Managers
- Superintendents
- Safety Practitioners and more!



Learn more about earning Gold Seal Credits by visiting the CCA website: cca-acc.com/gold-seal/

CONTINUING PROFESSIONAL DEVELOPMENT

Our featured courses have been approved by Homeowners Protection Office (HPO).

Learn more about the CPD program by visiting their website: bchousing.org/licensing-consumer-services/builder-licensing/CPD

If you're a General Contractor, you must complete CPD to keep your licence in good standing!



AIBC (ARCHITECTURAL INSTITUTE OF BRITISH COLOMBIA)

The AIBC supports CES Participants (Architects, Architectural Technologists, Intern Architects) in completing their educational requirements by providing courses and various Professional Development opportunities. These educational opportunities are also available to the general public.

Learn more about the AIBC program by visiting their website: aibc.ca/professional-development/continuing-education-system/



PRIVATE TRAINING

Transform your team's skills with tailored training solutions designed to meet your unique needs!

Do you see an existing VRCA course that you think would be a perfect fit for your team? If so contact us to arrange a private course for your group!

Provide your dates and times and let us know what type of learning environment you prefer. The course can be delivered virtually, at your corporate office, at the VRCA Training Room. Whichever works best for your team!

CONTACT

education@vrca.ca



"Our recent private training session with VRCA for our field leaders was a game-changer. The VRCA Workforce Development Team's support made the process exceptionally smooth. Their timely responses, flexibility, and problem-solving mindset ensured a seamless and tailored training experience.

The private sessions gave our company the ability to customize the training to our company's needs and unique dynamics. It's a fantastic way to upskill in a manner that perfectly suits your company.

We highly recommend VRCA's workforce development services for any company seeking tailored, effective, and industry-specific training. Their dedication and customized approach make a real difference in upskilling your workforce."

Zeynep Ozdemir, CPHR

HR Generalist | Division 15 Mechanical Ltd.



CUSTOMIZED TRAINING

Transform your team's skills with tailored training solutions designed to meet your unique needs!

If you require specific and targeted learning outcomes, we have the perfect solution! VRCA can create a customized learning experience for your group by:

- Providing a complimentary consultation and needs analysis
- Proposing course/program options that cater to your needs, while outlining costs and other value-add opportunities
- Determining your learning environment (EG. virtual setting, your corporate office, the VRCA classroom, etc.)

Want to discuss these options with us?

CONTACT

education@vrca.ca





CONTRACTS

Understanding contracts is essential for anyone involved in the construction industry. This category covers the fundamental principles of contract law, negotiation techniques, and the various types of contracts used in construction projects. Courses in this section will equip you with the skills to draft, review, and manage contracts effectively, ensuring compliance and minimizing risks throughout the project lifecycle.

VISIT OUR WEBSITE
TO LEARN MORE!

vrca.ca/education





CONTRACTS

READ THE FULL CONTRACT - DEEP DIVE INTO CCDC-2

In this workshop the bidding process will be reviewed (Expression of Interest (EOI), Request for Qualifications (RFQ), Request for Proposals (RFP), Contract A, Contract B), the difference between a Letter of Intent and Letter of Award (one of which one is simply an agreement to agree) and the terms and conditions of the CCDC-2 Stipulated Price Construction Contract.

CCDC
Canadian Construction
Documents Committee

CCDC 2 - 2020

Stipulated Price Contract
Standard prime contract between Owner and contractor for single, pre-determined fixed price or lump sum work

CCDC 2MA - 2023
& 2016

Master Agreement
The Master Agreement between Owner and contractor is intended to establish conditions for projects during that time

CCDC 3 - 2016

Cost Plus Contract
Standard prime contract between Owner and contractor for actual cost plus fee

CCDC 4 - 2023
& 2016



Format: 4-hour online instructor-led workshop



Instructor: Phil Perry, Perry Educational Services Ltd.



Credits:

- 1 GSC
- 4 CPD



Audience:

- Owners
- Consultants
- Project Managers
- Construction Managers
- Superintendents
- Estimators



CONTRACTS

Master the art of construction contracts and safeguard your projects from start to finish!

CCA SUBCONTRACTS 101

Join us for this workshop on the various CCA Sub-Contracts with an emphasis on the roles and responsibilities of the Contractor, the Sub-Contractor, and the Sub-Sub Contractor.



Format: Live online, instructor-led 4 hour training



Instructor: Phil Perry, Perry Educational Services Ltd.



Credits:

- 1 GSC
- 4 CPD
- 4 AIBC



Audience:

- Project Managers
- Project Coordinators
- Construction Managers
- Superintendents
- Estimators

CCDC 2 2020: SIGNIFICANT CHANGES AND WHAT THEY MEAN TO YOU!

Join us live online for an update on the significant changes to the CCDC 2-2020. This two-hour webinar will cover among others: Introduction of the Concept of Payment Legislation, Changes to Construction Safety Changes to Reimbursable Costs for Change Directives.



Format: Live online, instructor-led 2 hour webinar



Instructor: Terry Brown, STBR Consulting Ltd.



Audience:

- Anyone who regular uses CCDC-2 contracts.

“Very informative and well presented! Great course with a well spoken instructor and was nicely guided. Thank you!”

Student Testimonial



CONTRACTS

Master the art of construction contracts and safeguard your projects from start to finish!

CONSTRUCTION LAW

A deep dive into Construction Law. This four-day course will help you develop an understanding of contract law as it relates to construction and introduce the various CCDC/CCA and other contracts used within the industry. You will also learn how the Builders Lien Act works and other legal means to resolve construction disputes and avoid litigation.

 **Format:** Live online, instructor-led 4-day training

 **Instructor:** Construction U

 **Credits:**

- 5 GSC
- 16 CPD
- 15 AIBC



 **Audience:**

- Company Owners
- Managers
- Estimators
- Supervisors

PROPOSAL PURSUIT: “RFQ & RFP STRATEGIES FOR SUCCESS!”

This three-day course will teach you the key ingredients to prepare a successful Request for Qualification (RFQ). Among others, you will get the chance to learn the key ingredients to prepare a successful Request for Qualification (RFQ) & develop a winning RFP strategy.

 **Format:** Live online, instructor led 3-day training

 **Facilitator:** Debbie Hicks, B.Sc. DSH Consulting

 **Credits:**

- 5 GSC
- 16 CPD
- 15 AIBC



 **Audience:**

- General Contractors
- Trade Contractors
- Subcontractors
- Project Owners
- Project Managers
- Project Developers
- Architects
- Engineers



CONTRACTS

READ THE FULL CONTRACT - DEEP DIVE INTO CCDC-2

In this workshop the bidding process will be reviewed (Expression of Interest (EOI), Request for Qualifications (RFQ), Request for Proposals (RFP), Contract A, Contract B), the difference between a Letter of Intent and Letter of Award (one of which one is simply an agreement to agree) and the terms and conditions of the CCDC-2 Stipulated Price Construction Contract.

 **Format:** 4-hour online instructor-led workshop

 **Instructor:** Phil Perry, Perry Educational Services Ltd.

 **Credits:**
• 1 GSC
• 4 CPD



 **Audience:**


- Owners
- Consultants
- Project Managers
- Construction Managers
- Superintendents
- Estimators

CONTRACTOR'S PRACTICAL GUIDE TO CHANGE ORDER PRICING & MANAGEMENT

This course is a comprehensive and practical guide for managing one of the most critical areas of construction contracting: preparing, pricing, gathering, submitting, negotiating, and getting paid for all changes to construction projects. Walk away with a course manual that includes over 25 example checklists, forms, and letters – your blueprint for successful submittal of proposed change order pricing and issuance of change orders.

 **Format:** 6-hour online instructor-led workshop

 **Instructor:** Lee Kelly M.A.A.T.O., P.GSC.

 **Credits:**
• 2 GSC
• 7.5 CPD



 **Audience:**

- Owners
- Consultants
- Project Managers
- Construction Managers
- Superintendents
- Estimators



CLAIMS MANAGEMENT

In major capital infrastructure projects, disputes and claims are frequent and typically necessitate resolution to close-out the project. These disputes often involve significant financial stakes and can lead to project delays, diverting essential resources from more productive pursuits. This program equips industry professionals with strategies to navigate the contractual complexities unique to various construction project delivery methods, which can lead to costly disputes. Participants will leave with a comprehensive understanding of the critical tools needed to effectively prepare for, respond to, and manage construction claims.



Format: 8-hour virtual instructor-led workshop



Instructor: Jiwan Thapar P. Eng., M.Eng., PSP, PMP



Credits:

- 2 GSC
- 7.5 CPD



Audience:

- Owners
- Consultants
- Project Managers
- Construction Managers
- Superintendents
- Estimators



ESTIMATING



Accurate estimating is a critical component of successful project execution. This category focuses on the methodologies and tools used to develop precise cost estimates for construction projects. Participants will learn about quantity take-offs, pricing strategies, and the impact of market conditions on project budgets. Courses in this section aim to enhance your ability to create reliable estimates that support informed decision-making.

Turn your “*guestimating*” into accurate estimating with these courses!

VISIT OUR WEBSITE
TO LEARN MORE!

vrca.ca/education



ESTIMATING

Refine your estimating skills and make every project's budget work for you!

APPLIED QUANTITY SURVEYING / MATERIALS TAKE-OFFS

This four-day course focuses on quantity surveying by applying the processes and procedures required in order to complete accurate and consistent material "take-offs" for pricing or even ordering purposes. Among others, you will learn proper practices and procedures of quantity surveying and general rules and methods of measurement of construction works.

 **Format:** Live online, instructor-led 4-day training

 **Instructor:** Ralph Lembcke P.GSC

 **Credits:**

- 4 GSC
- 15 CPD
- 16 AIBC




 **Audience:**

- Estimators
- New Construction Estimators
- Field Engineering Staff
- Supervisors

CONSTRUCTION ESTIMATING

This course is a deep dive into Construction Estimating. Participants will acquire knowledge of how to prepare a successful bid and learn construction estimating skills. Course topics will include project analysis, risk analysis, bid strategies and processes, Construction Division Codes, bonding, and insurance.


 **Format:** Live online or classroom, instructor-led 4-day training

 **Instructor:** Mark Waters C.Tech., GSC | Tim Williams MBA, B.Econ., CPA, GSC

 **Credits:**

- 5 GSC
- 15 CPD
- 15 AIBC



 **Audience:**

- Estimators
- Construction Estimators
- New Construction Estimators



ESTIMATING

Refine your estimating skills and make every project's budget work for you!

BLUEBEAM REVU: ESTIMATING LEVEL 1 & 2

The Bluebeam Revu series will help you learn how to be more efficient in your take offs and produce more meaningful and clearer take-offs.

ESTIMATING LEVEL 1

Bluebeam Revu: Estimating Level 1 is a course that teaches you and your staff the fundamentals of using Bluebeam Revu for Estimating. This two-half-day training course provides you and your staff with the knowledge and skills to scale, measure, organize take-offs and calculate on construction documents using Bluebeam Revu.

ESTIMATING LEVEL 2

Bluebeam Revu: Estimating Level 2 is built specifically for individuals that have taken the Estimating Level 1 course, and promises to build on that knowledge and improve your workflow efficiency. You will learn how to add hyperlinks to details and sections for quick reference, implement addenda into your takeoffs, take advantage of Spaces for additional takeoff detail, and take a closer look at leveraging the power of custom columns.



Format: Live online, instructor-led 2-day training



Instructor: Morgan Garry, Bluebeam Certified Instructor



Prerequisite: This is not a beginner course. You are expected to have completed the Basics course first.



Credits:

- 2 GSC
- 7 CPD
- 7 AIBC



Audience:

- Project Managers
- Project Coordinators
- Estimators
- Project Assistants
- Site Managers
- Document Controllers





ESTIMATING

Refine your estimating skills and make every project's budget work for you!

CIVIL BLUEPRINT READING

Using various samples of civil blueprints, participants will learn how to read civil construction blueprints, drawing specifications, and general notes, and will gain experience and practical knowledge for their day-to-day work on construction projects.



Format: Online or classroom, 1-day training, 8 hours



Instructor: Construction U



Credits:

- 2 GSC
- 7 CPD
- 7 AIBC



Audience:

- Project Managers
- Project Coordinators
- Estimators
- Project Assistants
- Site Managers
- Document Controllers





LEADERSHIP



Effective leadership is vital for guiding teams and driving project success. This category offers courses designed to develop essential leadership skills, including communication, conflict resolution, and team motivation. Participants will explore various leadership styles and strategies to foster a positive work environment, enhance collaboration, and inspire others to achieve their best performance.

Ready to up your leadership skills?

**VISIT OUR WEBSITE
TO LEARN MORE!**

vrca.ca/education



CONSTRUCTION 101 AND BEYOND

This course has something for everyone – whether you have years of experience or are new to the industry. Don't be misled by the '101' - over 30% of our course attendees have 10+ years of industry experience! Perfect for procurement professionals and buyers, developing leaders, as well as operations and administrative staff. This course is the industry knowledge boot camp that will support your team's success. Course material covers 9 modules and 166 topics.



Format: Live online, instructor-led training



Instructor: Debbie Hicks, B.Sc., DSH Consulting



Credits:

- 5 GSC
- 16 CPD
- 15 AIBC



Audience:

- New employees
- Administrative or support role
- Anyone looking to gain a broader understanding of the construction industry

CONSTRUCTION INDUSTRY ETHICS

Ethical behaviour is essential for the construction industry. By maintaining high ethical standards, and by being consistent in our practices, we thrive both personally and professionally. The Construction Industry Ethics course is designed to help you and your team think through the ethical decisions you face every day.



Format: Live online, instructor-led, 2-day training



Instructor: Debbie Hicks, B.Sc., DSH Consulting



Credits:

- 3 GSC
- 7 CPD
- 7 AIBC



Audience:

- Business Owners
- HR Professionals
- Managers

"I gained practical knowledge I can apply in my job. The Construction 101 course provided high quality content and information. The PowerPoint slides were clear and student materials provided to me were of high quality."



LEADERSHIP

Unlock your leadership potential and drive success in every project and team you lead!

NEGOTIATION & CONFLICT MANAGEMENT SKILLS

Participants will improve their skills in communication & negotiation, and will learn skills to enhance their ability to de-escalate conflict, listen effectively, build mutual respect with others in a construction context, and negotiate effectively.

 **Format:** Online or classroom, instructor-led, 8-hours

 **Instructor:** Construction U

 **Credits:**

- 5 GSC
- 16 CPD
- 15 AIBC



 **Audience:**

- Construction Business Owners
- Project Managers
- Estimators
- Supervisors

SITE LEADERSHIP

Would you like to improve your construction site leadership skills? This course will enhance your ability to build a collaborative team culture with your staff, improve job site productivity and complete projects on time, on budget, and safely. Ideal for lead hands, foremen and front-line supervisors that want to increase their leadership effectiveness.

 **Format:** Online or classroom, instructor-led, 8-hours

 **Instructor:** Construction U

 **Credits:**

- 2 GSC
- 7 CPD
- 7 AIBC



 **Audience:**

- Construction Business Owners
- Project Managers
- Estimators
- Supervisors





LEADERSHIP

Unlock your leadership potential and drive success in every project and team you lead!

SUPERVISORY & MANAGEMENT SKILLS

This course will enhance your ability to build a collaborative team culture, improve morale, and effectively communicate with people on their job sites. Participants will learn about leadership, motivational theory and application, improving group and individual performance, psychographic testing, time and stress management, staff training, substance abuse, appropriate discipline techniques, negotiating skills, conflict resolution and construction management systems.

 **Format:** Online or classroom, instructor-led, 8-hours

 **Instructors:** Mark Waters, C.Tech., GSC | Tim Williams, MBA, B.Econ., CPA, GSC

 **Credits:**

- 5 GSC
- 15 CPD
- 15 AIBC





 **Audience:**


- Business Owners
- Site Supervisors
- Project Managers
- Estimators

EFFECTIVE WORK PLANNING FOR CREW SUPERVISORS

Strengthen your leadership skills by gaining a strong foundation in practical task planning. Working with hands-on, practical exercises, they work through the various elements needed to put together a complete activity plan for their crew. Course topics include calculating manpower needs, determining the materials and equipment required, building quality and safety into the plan, and much more!


 **Format:** Two 4-hour online sessions

 **Instructor:** Mark Taylor, P.Eng. (non-practicing), G.S.C.

 **Credits:**

- 2 GSC
- 8 CPD



 **Audience:**

- Crew Leaders
- Superintendents



LEADERSHIP

Unlock your leadership potential and drive success in every project and team you lead!

NEXTGEN LEADERSHIP PROGRAM


Embark on a transformative journey from team member to manager with our coaching-based program designed to empower and equip you with essential skills and knowledge. The transition into a managerial role is often challenging and this course is tailored to provide you with the confidence and foundational tools necessary to excel in your new leadership position.

 **Format:** In-person workshop, 24 hours of instruction

 **Instructor:** Polina Kouzmina, CPHR, SHRM-SCP, ACTC

 **Credits:**
• 8 GSC




 **Audience:**

- Emerging Leaders
- New Managers
- New Supervisors

FUTURE-PROOFING LEADERSHIP: A SUCCESSION PLANNING WORKSHOP


Succession Planning ensures the right talent is identified and developed into future leaders. This interactive workshop simplifies modern succession planning, debunks common myths, and covers best practices for talent reviews, identifying high-potential employees, and creating effective development plans.

 **Format:** In-person workshop, 24 hours of instruction

 **Instructor:** Polina Kouzmina, CPHR, SHRM-SCP, ACTC

 **Credits:**
• 1 GSC



 **Audience:**

- Construction Business Owners
- Team Leaders
- Managers
- Supervisors





LEADERSHIP

Unlock your leadership potential and drive success in every project and team you lead!

INCLUSIVE LEADERSHIP IN CONSTRUCTION

This micro-credential introduces participants to the construction trades sector, focusing on the essential principles of equity, diversity, and inclusion (EDI). Participants will learn to value the varied backgrounds and perspectives that team members bring to the job site and develop skills to identify and mitigate biases that can affect team performance. Through self-reflection and the examination of real-world examples and EDI initiatives, participants will gain the tools necessary to lead by example and cultivate a culture of belonging and allyship. This course combines face-to-face and online learning in a blended model.



 **Format:** Online & self-paced

 **Instructor:** Vancouver Community College

 **Credits:**
• 10 GSC



 **Audience:**

- Business Owners
- General Contractors
- Trade Contractors
- Supervisors
- Managers



NEGOTIATIONS TRAINING WITH DR. HANNAH

Dr. David Hannah, a household name in the industry, is the SFU Beedie Professor of Business at Simon Fraser University.

This featured course focuses on developing improved self-awareness of their own preferred negotiating styles. It offers a grasp of the key concepts of negotiation, and how they can be applied across all kinds of negotiation situations, as well as an understanding of distributive negotiation, integrative negotiation, and the differences between the two approaches.



Format: Online & self-paced



Instructor: Vancouver Community College



Credits:
• 2 GSC



Audience:

- Trades worker
- Construction worker
- Emerging leaders
- Supervisors
- Managers



PROJECT MANAGEMENT



Project management is the backbone of successful construction projects. This category provides comprehensive training on planning, executing, and closing projects efficiently. Courses will cover key concepts such as scope management, scheduling, resource allocation, and risk management. By mastering these skills, participants will be better equipped to oversee projects from inception to completion, ensuring they are delivered on time and within budget.

Ready to learn how you can become a better Project Manager?

VISIT OUR WEBSITE
TO LEARN MORE!

vrca.ca/education



LEAN CONSTRUCTION EDUCATION PROGRAM


The AGC Edge Lean Construction Education Program engages students with numerous activities and group discussions designed to apply Lean Construction principles and practices. Key course activities include the Parade of Trades exercise where participants will learn the effects of varying and unreliable workflow versus smooth and reliable workflow. Students will also learn and practice the Last Planner® System in a simulation that teaches students to engage in a way that produces predictable workflow and rapid learning. After participants complete all five units in the program, they become eligible to sit for an exam to earn the Certificate of Management – Lean Construction (CM-Learn).

 **Format:** Live online, instructor-led 4-day training

 **Instructor:** James Johnston, P.Eng., CM-Learn

 **Credits:**
• 10 GSC
• 28 CPD
• 28 AIBC



 **Audience:**
• Business Owner • Consultant
• Project Manager • General or Trade Contractor

PROJECT DELIVERY METHODS


Through a team of multi-discipline trainers, this Workshop will discuss the characteristics, risks, benefits and disadvantages of the various project delivery methods. From years of experience, each presenter will give you key insights to the success of each delivery method from the perspective of a Project Owner, Consultant and Contractor. In addition, they will draw your attention to a few key CCDC clauses that are critical to the effectiveness of each delivery method.

 **Format:** Live online, instructor led 3-day training

 **Facilitator:** Debbie Hicks, B.Sc.

 **Credits:**
• 4 GSC
• 12 CPD
• 12 AIBC



 **Audience:**
• Construction Business Owner
• Project Manager
• Consultant
• General or Trade Contractor



WORKSHOP FOR A CAUSE - INTRODUCTION TO LEAN AND THE LAST PLANNER SYSTEM (LPS)

This workshop is designed around several hands-on simulations (or games) that introduce the key principles of lean and the Last Planner System®. This workshop will give you powerful ways to implement and communicate the concepts within your organization and on your projects. This workshop will help you understand the key concepts through experience. This workshop consists of short videos, interactive activities, quizzes, live discussions with the facilitator(s) and supplemental resources.

“As a tribute to my mother in Heaven, Mrs. Renu Ahuja, portions of the money raised through this ‘Workshop for a Cause’ will be contributed towards the *Leukemia and Lymphoma Society.”

**The Leukemia & Lymphoma Society® (LLS) is a global leader in the fight against blood cancer. The LLS mission: Cure leukemia, lymphoma, Hodgkin disease and myeloma, and improve the quality of life of patients and their families.*



Format: Classroom, full-day workshop, 6 hours



Instructor: Ritu Ahuja, Lean Integration Leader, Kinetic Construction Ltd.



Credits:

- 1 GSC
- 6 CPD



Audience:

- Construction Business Owners
- Project Managers
- Project Coordinators
- Estimators
- Accountants





PROJECT MANAGEMENT

Elevate your project management skills to deliver successful, on-time projects every time!

PROJECT MANAGEMENT

Learn how to successfully manage a construction project! Participants will gain an understanding of the project processes and constraints encountered by project managers (using PMBoK 5th Edition approach). The course will cover project planning, contract process, risk management, estimating, cost control, scheduling, communications and post-mortem analysis.



Format: Live online or classroom, instructor led 4-day training



Instructor: Mark Waters, C.Tech., GSC | Tim Williams, MBA, B.Econ., CPA, GSC



Credits:

- 5 GSC
- 15 CPD
- 15 AIBC



Audience:

- Construction Business Owners
- Site Supervisors
- Project Managers
- Superintendents

MANAGING CHANGE IN CONSTRUCTION

Changes on Construction Projects are inevitable and are often a source of friction. This creates problems for both the Owner and the Contractor as well as the other participants involved with the project (Consultant, Subcontractors, Sub-Subcontractors and Suppliers). This half-day workshop will cover, among others, Change Management Process in standard construction contracts (CCDC-2 Stipulated Price Contract, CCA-1 Stipulated Price Subcontract, CCA-19 Stipulated Price Sub-Subcontract).



Format: Live online, instructor led 4-hour training



Instructor: Phil Perry, Perry Educational Services Ltd.



Credits:

- 1 GSC



Audience:

- Project Managers
- Project Coordinators
- Construction Managers
- Superintendents
- Estimators



PROJECT MANAGEMENT

Elevate your project management skills to deliver successful, on-time projects every time!

PROJECT ACCOUNTING AND COST CONTROL

Learn with us how to design and read various construction financial reports and improve the financial systems of their construction company.



Format: Live online or classroom, instructor led 4-day training



Instructor: Construction U



Credits:

- 2 GSC
- 7.5 CPD



Audience:

- Construction Business Owners
- Project Managers
- Project Coordinators
- Estimators
- Accountants





TECHNOLOGY

The integration of technology in construction is transforming the industry. This category explores the latest tools and innovations that enhance project efficiency and collaboration. Courses will cover topics such as Building Information Modeling (BIM), project management software, and emerging technologies like AI. Participants will learn how to leverage technology to streamline processes, improve communication, and drive project success.

Get caught up on the ways technology can improve your business!

VISIT OUR WEBSITE
TO LEARN MORE!

vrca.ca/education





TECHNOLOGY


Embrace cutting-edge construction technology to streamline processes and boost efficiency!

MICROSOFT EXCEL FOR CONSTRUCTION NOVICES & ADVANCED

This course will help you learn the tools to help them better understand their business performance, examine the profitability of various jobs and business areas, develop budgets, and examine business scenarios all through the use of Microsoft Excel.

Cost tracking, job tracking, production rates, schedules, and estimates: If you would like to create spreadsheets to make this work easy and consistent, then this course is for you. Learn to create spreadsheets for cost tracking, calculating production rates and creating estimates. We will show you how to create spreadsheets that can be used by co-workers and that are robust and secure.

 **Format:** Live online, instructor-led 2-day training

 **Instructor:** ESCTT (Engineering Software Computer Technologies & Training)

 **Credits:**
• 2 GSC 

 **Audience:**
• Anyone who works with numerical data

MICROSOFT PROJECT FOR CONSTRUCTION - FULL PROGRAM

This deep dive into Microsoft Project will cover among others: scheduling, resource management, tracking changes and cost control.

 **Format:** Live online, instructor led 4-day training

 **Instructors:** ESCTT (Engineering Software Computer Technologies & Training)

 **Credits:**
• 2 GSC 

 **Audience:**
• Project Managers
• Project Coordinators
• Construction Managers





TECHNOLOGY

Embrace cutting-edge construction technology to streamline processes and boost efficiency!

BITESIZE BLUEBEAM - SERIES 1 TO 7

VRCA is excited to announce we have partnered with Troy DeGroot with UChpater2.com to provide the best quality Bluebeam training in the industry. Don't miss this opportunity to see an introduction to each upcoming course and learning objectives. Get your questions answered to assure you're in the appropriate courses for your skillset and workflows.

Bluebeam Revu is a PDF based markup, editing and collaboration tool built specifically for the Architectural, Engineering and Construction industry. Quickly growing to over 3 million users, Bluebeam is being used by 99% of large construction firms in the United States and rapidly growing among small to medium size businesses across the globe. Whether you're new to Bluebeam or wanting to build your skills, we have a class for you.



Format: Live online, instructor-led 1-day training



Instructor: Troy DeGroot, Bluebeam Certified Consultant and Instructor



Credits:
• 2 AIBC



Audience:
• Anyone in the construction industry looking to develop their Bluebeam skills.





TECHNOLOGY

Embrace cutting-edge construction technology to streamline processes and boost efficiency!

BLUEBEAM REVU BASICS

These sessions provide the knowledge and skills to create, edit, markup, and collaborate on architecture, engineering and construction (AEC) documents using Bluebeam Revu. Create and navigate smart, information-rich document sets from converted Microsoft Office and CAD files. Annotate drawings with customizable markup and measurement tools, and work on the same 2D and 3D PDFs with project partners in the office or in the field.

 **Format:** Live online, instructor-led 2-day training

 **Instructor:** Morgan Garry, Bluebeam Certified Instructor


 **Credits:**
• 2 GSC
• 7 CPD



 **Audience:**
• Anyone in the construction industry looking to learn about Bluebeam Revu.

WORKINGSM@RT USING MS OUTLOOK


Take control of your workload and competing priorities. Receive practical, hands-on skills instruction to help you absorb proven techniques for a total time-management solution. Integrate communications, tasks, activities, planning and apply the WorkingSm@rt® method using Microsoft Outlook. The program is Gold Seal approved and provides Project Management Institute Professional Development Units.

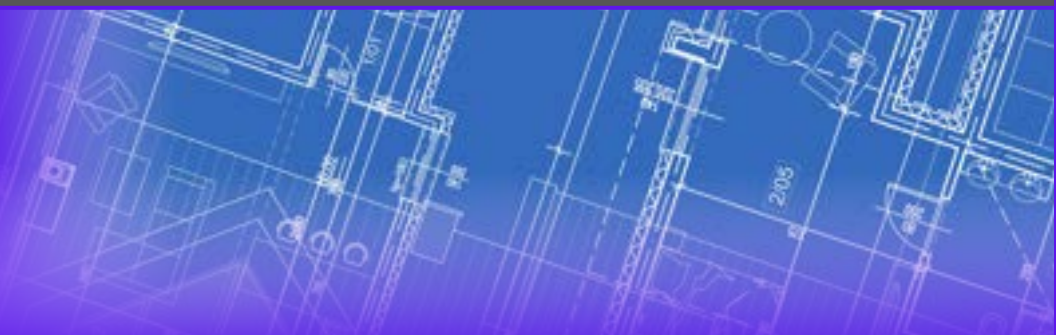
 **Format:** Two, 3 ½ hour online, instructor-led sessions using Outlook. Followed up by 1-on-1 coaching session

 **Instructor:** Priority Management

 **Credits:**
• 2 GSC
• 7 CPD



 **Audience:**
• Project and Team Managers
• Technical and Sales Professionals
• Supervisors
• Administrators
• Anyone looking to optimize MS Outlook



SAFETY

Safety is paramount in the construction industry. This category emphasizes the importance of creating a safe work environment and adhering to industry regulations. Courses will cover topics such as hazard identification, risk assessment, and safety management systems. Participants will gain the knowledge and skills necessary to implement effective safety protocols, promote a culture of safety, and reduce workplace incidents.



Our Safety Courses are provided online by BIS Safety Software!

[VIEW ONLINE SAFETY COURSES](#)



ACCESSIBILITY



Creating accessible environments is essential for inclusivity in construction. This category focuses on the principles and regulations surrounding accessibility in building design and construction practices. Courses will cover topics such as universal design, compliance with accessibility standards, and best practices for accommodating individuals with disabilities. Participants will gain the knowledge needed to ensure that projects meet accessibility requirements and promote equal access for all.

Sign up today and ensure your business is following accessibility best practices!

VISIT OUR WEBSITE
TO LEARN MORE!

vrca.ca/education



ACCESSIBILITY

Ensure inclusivity in every build - gain the knowledge to create accessible environments!

RICK HANSEN FUNDAMENTALS TRAINING (RHFAC)

Enhance your knowledge and application of Universal Design and meaningful accessibility through case studies. Learners will also be introduced to Rick Hansen Foundation Accessibility Certification™ (RHFAC), a rating and recognition program that measures the meaningful accessibility of a site. There are no prerequisites to take this course. Join us on the journey towards an accessible world for people of all ages and abilities.



Format: Self-paced, hybrid training (online or in-person), 4-weeks courses



Instructor: The course has been developed and is delivered in partnership with the Rick Hansen Foundation and the University of Alberta.



Credits:
• 6 GSC



Audience:
• Contractors and builders, human resources and office managers, urban planners, disability experts and advocates, event and venue managers, anyone involved in the management and operation of the spaces






RICK HANSEN PROFESSIONAL TRAINING


Whether you are planning, designing, constructing or operating a site, Rick Hansen Foundation Accessibility Certification™ (RHFAC) Professional Training will provide you with the knowledge and practical skills needed to apply a meaningful access lens to your projects, and rate a building for its overall accessibility under the RHFAC program.

Enhance your skills and demonstrate your commitment to access and inclusion by taking this 8-week course. The course will take approximately 60 hours to complete, and you must complete and successfully pass this course and exam to qualify for your RHFAC Professional designation. Prerequisites apply. The [RHFAC Professional exam](#) must be booked separately by participants.

 **Format:** Self-paced, hybrid training (online or in-person), 8-weeks course

 **Instructor:** The course has been developed and is delivered in partnership with the Rick Hansen Foundation and the University of Alberta.

 **Credits:**
• 20 GSC 

 **Audience:**
• Contractors and builders, human resources and office managers, urban planners, disability experts and advocates, event and venue managers, anyone involved in the management and operation of the spaces

Research shows that at some point in their lives, mental health problems affect one in three Canadians. So the chances are good that each of us knows someone with a mental health problem such as a substance-related disorder, depression, anxiety, or a psychotic disorder.

While thousands of people across the country know how to provide first aid to someone with a physical injury, a lot fewer people can recognize the signs of someone needing mental health first aid. But that's changing thanks to a new mental health first aid training program for the general public, being offered coast-to-coast by Mental Health First Aid (MHFA) Canada, a program of the Mental Health Commission of Canada.

Its never too late to find help!

VISIT OUR WEBSITE
TO LEARN MORE!

vrca.ca/education



MENTAL HEALTH

Prioritize mental well-being on the job—learn strategies to support a healthier workplace!

MENTAL HEALTH FIRST AID

The 12-hour course provides general information about what is meant by mental health problems and illnesses, how to identify signs of mental health problems in yourself and others, effective interventions and treatments, and how to support an individual and help them find out about and access the professional help they may need.

It also dispels common myths surrounding mental health problems and reduces the stigma around mental illness, since estimates suggest that more than half of people with a mental health problem will never seek treatment.

The course doesn't train people to diagnose mental illness or be a therapist or counsellor, it provides the first aider with actions to guide a person in need to appropriate professional help when a problem first arises. We know the sooner a person with a mental health problem gets help, the better their chances of recovery.



Format: Online, instructor-led 6-12 hour course



Instructor: This course has been developed and is distributed by the Canadian Mental Health Association (CMHA)



Credits:

- 2 GSC
- 12 AIBC (non-core units)



Audience:

- MHFA Canada is an interactive course for anyone and no previous mental health experience is necessary. It can benefit human resource professionals, employers, managers, supervisors, and the general public.

- Recognize and understand the symptoms of mental health problems, including those related to substance abuse
- Provide help to prevent the mental health problem from developing into a more serious state
- Promote the recovery of good mental health by accommodating employees in distress or recovering from a crisis
- Increase productivity and reduce absenteeism and overall pressure on benefits



MENTAL HEALTH

Prioritize mental well-being on the job—learn strategies to support a healthier workplace!

HAMMER TIME

A SUPPORT GROUP FOR PEOPLE WORKING IN CONSTRUCTION, TRADES, FORESTRY & TRANSPORT.

THURSDAYS 7-8PM

VIA ZOOM

Confidential
Peer-Led
Supportive
Industry-Focused

Are you finding that substance use is starting to negatively impact your life?

You're not alone.

Hammer Time is a confidential, peer-led support group specifically for those working in construction, trades, forestry, or transportation.

The group is facilitated by Umbrella Society staff with lived experience in the construction industry.

'TAILGATE TOOLKIT'

For more information:
www.umbrellasociety.ca
250.380.0595

TAILGATE TOOLKIT

Struggling with addiction or substance use? Or do you know someone who is? The Tailgate Toolkit program is here to provide support.

The Tailgate Toolkit Team is comprised of compassionate, trained social workers and educators. With a variety of experiences in the harm reduction field and the construction sector, we're ready to equip you with the tools to make discussions around substance use, mental health, and pain management; creating a safer, healthier industry.

LEARN
MORE

thetailgatetoolkit.ca

EDUCATING FOR THE FUTURE!

VRCA SCHOOL CONNECTION PROGRAM

The School Connection Program engages local high schools to discuss careers in the trades with high school-age students. The program connects students with volunteers from the industry who want to share their experiences, and career stories to attract the next generation of construction talent into a rewarding career within the construction industry. It is also a great networking opportunity for the students.

Interested in helping the next generation of construction?

CONTACT

education@vrca.ca
and get involved today!



EDUCATING FOR THE FUTURE!



VRCA BRING TRADES TO SCHOOL

BTS is a series of interactive trade workshops offered to high school students. The BTS program is a resource focused on promoting trades and construction careers to students and encouraging them to explore various opportunities within construction. It aims to help educate parents and teachers about different career paths for students and is designed to help create an engaged and passionate pool of future talent for trade careers.

OUR PARTNERS



CONTACT & GET INVOLVED

Cancellation & Refund Policy

Payment is non-refundable for cancellations made within 7 business days of the course, or non-attendance on the day. Transfer to another date is not accepted. Complimentary substitution of another member of your company is accepted.

If VRCA has to postpone or cancel courses due to insufficient enrolment, we will refund the registration fee or, if possible, move your registration to the next available date.

Couldn't find a course you are looking for?

If you're looking for a course that you don't see in this catalogue or in our online calendar, then please let us know.

Courses that aren't currently featured may not be listed in this year's schedule, but may become available again, or upon request, or through Private and Customized Training.

Your VRCA Workforce Development Contact:

Eva Ciesielska

Workforce Development Manager

✉ education@vrca.ca

☎ (604) 293-6597 ext. 105

CONTACT

Photo Credits:

Do you see a photo of yourself, your team or company, or one of your projects that you wish removed? Then please let our team know!

Harrison Curtis - Content Producer at VRCA, Kim Bellavance Photography - kimbellavance.com, Canva Stock Images, VRCA Member 2024 Project Photographs

VRCA EDUCATION COMMITTEE

The VRCA Education Committee consists of a dedicated group of volunteers who feel passionate about advocating for careers in the Construction Trades.

The Committee meets regularly (about 4 times a year) to work toward the following goals:

- Build success in B.C. and the construction industry through education
- Educate the public about the construction industry
- Encourage members to engage with the public and promote the industry
- Ensure relevant education opportunities are available to members

INTERESTED IN SUPPORTING WORKFORCE DEVELOPMENT AT VRCA? THEN JOIN ONE OF OUR COMMITTEES! CONTACT [EDUCATION@VRCA.CA](mailto:education@vrca.ca)







Vancouver Regional Construction Association

CONNECTING PEOPLE, CREATING OPPORTUNITIES,
BUILDING A BETTER TOMORROW

 vrca.ca/education

 604-294-3766

 [3636 East 4th Avenue, Vancouver, BC V5M 1M3](#)