

Coping & Resiliency Skills for High Stress Occupations

November 4, 2019 | Chapel Hill, NC

November 6, 2019 | Asheville, NC

November 8, 2019 | Wilmington, NC

Burn-out, compassion fatigue, and PTS are common occupational hazards in public service careers. Suicide rates across the healthcare community, from dispatchers to physicians exceeds the general population. This training will explore 5 positive coping skills and the importance of developing a healthy social support system. Participants will develop a plan to implement this program into their workplace and personal lives.

08:00-09:00	Breakfast
09:00-09:30	Introduction, History and How the Training will work.
09:30-10:30	Belief
10:30-10:45	Break and review postings
10:45-11:45	Trust
11:45-12:00	Break and review postings
12:00 – 1:00	Working Lunch Adaptability. How am I going to adapt this training curriculum to my world?