

# THE MANAGER'S GUIDE TO STRESS, BURNOUT & TRAUMA IN THE WORKPLACE:

DEVELOP STRATEGIES TO ADDRESS STRESS AND TRAUMA IN YOUR WORKFORCE



An intensive 2-day course developed by Dr. Patricia Fisher, R.Psych., L.Psych

Managers play a central mitigating role in the experience of workplace stress and trauma exposure.

This intensive workshop is specifically designed to assist managers who work in high-stress, trauma-exposed environments. It is vital for managers to understand how their leadership style can increase staff resiliency and reduce the risk for stress effects.

This practical and applied program supports managers as they develop plans and strategies to address the needs of the teams that they lead. Based on the assessment results, participants begin to develop short- and long-term management strategies that address the problem of stress and trauma in their workplace.

This unique program provides a critical resource for managers working in trauma-exposed occupations such as Health Care, Social and Human Services, Corrections, Enforcement, Emergency Response, Military, Education, Legal and Judicial Services.

## Course Contents

This program is designed to be directly applicable to your organization and your management team. During the 2 days we will:

- Introduce and understand the issues of systemic and traumatic stress in your work environment
- Examine management theories and principles as they apply to your occupational group and workplace
- Explore the role of management practices in reducing or increasing workplace stress effects in staff
- Complete self-assessment tools that help you to:
- Determine your own management style and its effects on staff
- Assess for systemic and traumatic stress effects in your workgroups
- Determine the effects of workplace stress on your staff's functioning
- Apply the tools and templates to develop practical strategies for your group.

## Workshop Format

This lively and interactive workshop supports participants as they consider their own experiences and needs using:

- Illustrated instruction and small- and large-group discussions
- Assessment tools and applied planning tools and exercises

Each participant will have a copy of the workshop resource booklet containing the overheads and all the tools and resources. Certificates of Attendance will be provided to all attendees at the end of the workshop.

