



# VALUABLE WORK, MEANINGFUL LIFE: EFFECTIVELY ADDRESSING STRESS, BURNOUT & TRAUMA IN THE WORKPLACE

An intensive 15-hour online course with Dr. Patricia Fisher, R.Psych., L.Psych

This 15-hour research-based, intensive program is designed for staff and managers who work in areas where the risk for stress, burnout and exposure to direct and vicarious trauma is high. The program supports them as they effectively address the unique challenges and opportunities they encounter.

We know so much now about the mechanisms of stress and trauma, and the wide-ranging physical, neurological, psychological and interpersonal impacts. We also know much more about how to effectively manage these specialized stresses, how to recover from their harmful effects and how to thrive and grow in high-stress, trauma-exposed fields.

This unique program provides a critical resource for those working in trauma-exposed occupations such as Health Care, Social and Human Services, Corrections, Enforcement, Emergency Responders, Military, Education, Legal and Judicial Services, etc. The program is equally valuable for volunteers and caregivers who work in high-stress circumstances.

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Using an accessible and highly interactive format, this 3-part program takes you on a journey through:

### Section 1: Introduction to Complex Stress

- Understand the mechanisms and effects of workplace stress and trauma in your environment
- Identify the sources of resilience and risk in your workplace

### Section 2: Self-Assessment Tools

- Profile your risk and resilience, self-care and stress symptoms

### Section 3: Build an Effective Wellness Plan

- Tools to develop an effective and practical wellness plan for your personal and professional life
- Guidance for you and your coworkers to develop realistic and effective strategies for your workplace

## How it Works

Once you have purchased the course, you will receive an encrypted link to register on our Learning Management Portal. After you have registered you can access your course from multiple platforms (computer, tablet, smart phone) using your ID and password. After completing the program, you will be able to print out a Certificate of Completion. You will have full access to your copy of the course for 1 year after the date of purchase. If you wish to extend your access, there will be a nominal annual fee.

