

## Regaining Emotional Resilience

Over the years, BizPsych has received unending requests for stress management interventions. These stress management requests have ranged from addressing compassion fatigue of health care providers and attorneys to work-overload of municipal workers and project planners. What we have discovered is that stress is here to stay. We can learn to set more effective boundaries, we can better manage our time, but in most of our work and personal lives we will continue to be barraged by external demands and stressors. By focusing on stress, we often invite stress.

“I liked hearing everyone’s experience and getting expertise from the facilitators that put it into context.”

We offer a new approach. As we have learned in the Critical Incident Support Services (CISS) field, proactively promoting emotional resilience creates greater outcomes for workers than focusing on trauma and stress retroactively. Emotional Resilience is our ability to “bounce back” from adversity and challenges. Examples of discussion/skill building topics are:

- **From Distress to Emotional Resilience** - Learn about signs and symptoms of stress
- **Boundaries** - Explore and discuss healthy boundaries in the workplace
- **Stress Reaction** - Focus on the identification of stressors and how to cope with stress
- **Check-in Session** - Review skills, processes, and effectiveness
- **Depression** - Discuss the potential impact of stress, trauma, and the risk of depression
- **Work-Life Balance** - Helping participants reflect on their beliefs, value systems, and expectations
- **Health/Self Care** - Explore and discuss challenges in staying fit and healthy
- **Check-in/Wrap-up Session** - Review skills, processes, effectiveness, and evaluate increase in resilience

### Keynote Package Description . . . . . \$1,500

- Includes: Keynote - Up to two hours
- An increase in understanding of the common characteristics of emotionally resilient people
  - Linking the importance of practicing resiliency skills to sustainable work
  - Creating a plan for enhancing one’s own resilience at work and home
  - Skills to walk away with a strategy to strengthen emotional resilience in their work environment

### Eight Week Package Description . . . . . \$6,000 Member or \$9,600 Non-Member

- Includes:
- Introductory session (Up to two hours and up to 25 participants)
  - “Before and After” assessment
  - Facilitation of 8 modules – 1 ½ hours each (approximately 12 hours)
  - All print outs and materials
  - Assessment survey
  - May be customized and/or modified to fit your needs, staff, and number of participants

