

Dealing with Stress and Building Resiliency

Coping Skills for COVID-19 and Beyond

Short seminar series



Overview

We are exposed to stress in our lives more than ever to due to overwork, time constraints, ongoing change, and more recently the outbreak of the coronavirus disease 2019 (COVID -19). Exposure to ongoing stressors can put one's physical and psychological health at risk without effective tools to manage them and build resiliency.

This workshop will provide you with practical tips and proven techniques to help you manage through stressful situations and to build ongoing resiliency skills.

Audience

Employees at all levels of the organization

Duration 3 hours

Price \$245.00 plus HST

Instruction Methodology

Virtual delivery via GoToMeeting, with PowerPoint slides and interactive discussions, quizzes and simulated exercises.

Key Topics

- Exploring the difference between “good” stress and “bad” stress
- Understanding the effects of long-term stress
- Determining your stressors
- Building strategies for managing stress
- Characteristics of resilient individuals
- Building resiliency



About Your Facilitator Carolyn Baker

Carolyn, with over 32 years in the federal public service, has extensive experience in the public sector in the areas of leadership and learning. She has worked for 5 different departments with the last 15 years in executive positions. She was the Head of Learning for the Canadian International Development Agency for 5 years and ended her career as a senior faculty member facilitating learning sessions for all levels of employees in the government.

Over the course of her federal public service career, Carolyn has designed over 50 learning programs, facilitated over 500 leadership, management, instructional techniques and interpersonal skills workshops, and delivered coaching sessions to managers and executives at all levels.