



## BRING IT ON! 2<sup>nd</sup> Edition – Surviving and Succeeding in this Crazy, Wonderful Profession

This crazy, wonderful profession isn't for everyone. It's tough – it's challenging – and if you don't know how to take care of yourself, it can take a toll on your mind and body. This informative and highly motivational 3-week course is a how-to guide for surviving shift work and stress, handling conflict resolution, and remaining positive in a negative environment. It's **valuable** training for **ALL** communications professionals and a **MUST** for every new hire!!

### PREREQUISITES:

None

### BENEFITS OF TAKING THIS COURSE:

After taking this course, you will be able to:

- Understand the effects shift work has on your mind and body.
- Understand and apply proven techniques to help you survive the perils of shift work.
- Understand the effects stress has on your mind and body.
- Understand and apply the techniques to become stress resistant.
- Understand and apply the techniques for effective conflict resolution.
- Understand and apply the techniques for remaining positive in a negative environment.

### WHAT YOU WILL RECEIVE:

- The ability to interact with your peers – discover common problems – find out what is working for them – share information and materials – build a support network of friends in like positions.
- One-on-one mentoring - feedback and assistance from your instructor as you gain a good understanding of how to effectively handle shift work, stress, difficult coworkers and negativity.
- Certificate of Completion awarding **8 training hours** upon successful completion of the course.

### COURSE OUTLINE:

#### Week 1: Surviving Shift Work

- The Perils of Shiftwork
- Surviving Shift Work
- Home Life and Relationships – Making a “Bless out of the Mess”
- From the Trenches – *Surviving shift work.....*

#### Week 2: Becoming Stress Resistant

- Common Sources of Stress
- From the Trenches – *Living with PTSD...*
- Signs and Symptoms of Untreated Long-Term Stress
- How Do I Know if I'm Burned Out?
- Becoming Stress Resistant – The Six Stress Busters

### Week 3: Handling Conflicts and Remaining Positive in a Negative Environment

- Steps for Effective Conflict Resolution
- Dealing with Difficult People (*or my coworkers are driving me nuts!!!*)
- Confronting a Difficult Coworker
- Remaining Positive in a Negative Environment
- Strategies for Combating Negativity
- From the Trenches – *Remembering why I love my job....*
- Course Wrap-Up and Final Exam

**TUITION: THIS COURSE IS TAUGHT OVER 3 WEEKS VIA PEI-911 ONLINE.**

**\$229.00** – includes all course materials

[Register  
Online](#)

**Register 4 or more students and receive a 10% discount!!**

### 2019 COURSE DATES

January 14, 2019 – February 3, 2019

February 4, 2019 – February 24, 2019

March 4, 2019 – March 24, 2019

April 1, 2019 – April 21, 2019

May 6, 2019 – May 26, 2019

June 3, 2019 – June 23, 2019

July 8, 2019 – July 28, 2019

August 5, 2019 – August 25, 2019

September 9, 2019 – September 29, 2019

October 7, 2019 – October 27, 2019

November 4, 2019 – November 24, 2019