



EMPOWERING YOU! 2ND EDITION: CONQUERING SHIFT WORK, STRESS & NEGATIVITY

This highly motivational course is designed to equip you with the necessary skills and knowledge to effectively control the perils of shift work, stress, and negativity. It's about empowering **you** so that **you** can be in control of the negatives of the job instead of the negatives controlling you! Whether you are a seasoned professional or a newcomer, this course is essential for all communications professionals.

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 take control & conquer the perils of shift work.
- Understand the effects stress has on your mind and body.
- Understand and apply techniques to take control and become stress resistant.
- Understand and apply the techniques for effective conflict resolution.
- Understand and apply the techniques for confronting a difficult coworker.
- 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 conquer shift work, stress, difficult coworkers and negativity.
- Certificate of Completion from **Profile Evaluations, Inc.** awarding **8 training hours** upon successful completion of the course.

COURSE OUTLINE:

Week 1: Conquering Shiftwork

- The Perils of Shift Work
- Conquering Shift Work
- Home Life and Relationships – Making a “Bless out of the Mess”

Week 2: Conquering Stress

- Common Sources of Stress
- Signs and Symptoms of Stress
- Burnout
- Post Traumatic Stress Disorder (PTSD)
- Vicarious Trauma
- Becoming Stress Resistant – The Six Stress Busters

Week 3: Conquering 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
- Course Wrap-Up and Final Exam

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

\$270.00 – includes all course materials

Register Online at www.pei-911.com

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

2026/2027 COURSE DATES

October 5, 2026 – October 25, 2026

November 2, 2026 – November 22, 2026

November 23, 2026 – December 13, 2026

January 4, 2027 – January 24, 2027

February 1, 2027 – February 21, 2027

March 1, 2027 – March 21, 2027

April 5, 2027 – April 25, 2027

May 3, 2027 – May 23, 2027

May 31, 2027 – June 20, 2027

June 28, 2027 – July 18, 2027

August 2, 2027 – August 22, 2027

August 30, 2027 – September 19, 2027

October 4, 2027 – October 24, 2027

November 1, 2027 – November 21, 2027

November 22, 2027 – December 12, 2027