

Resiliency for healthcare workers training catalog

Your source for customizable content, engaging seminars, and informative workshops
Healthcare workers face unique challenges including compassion fatigue and caregiver burnout. Prioritize the well-being of your employees and managers by providing the tools they need to be healthier and happier.





Introduction

About Carelon Behavioral Health

Carelon Behavioral Health is an industry leader in mental health, emotional well-being, and addiction and recovery services. We serve more than 40 million individuals across all 50 states, providing innovative behavioral health solutions for employers, health plans, and government agencies. We're backed by a nationwide network of providers dedicated to improving the quality of life for people in need. For more information, visit [carelonbehavioralhealth.com](https://www.carelonbehavioralhealth.com).

Employee seminars, executive training, and special programs

Compassion fatigue and burnout are common among those in the helping professions. Our award-winning trainers provide specialized programs that help nurses, doctors, social workers, therapists, and other caregivers develop coping strategies that support mental wellness. Our programs help reduce stress, improve resiliency, and cover topics such as managing trauma and conflict de-escalation.

Our speakers and trainers

Our speakers are experts in their respective fields and bring a wealth of talent and experience to our seminars. Working closely with each client, we deliver customized training programs that maximize learning and retention while motivating individuals and organizations forward.

Delivery

Each seminar is conducted by one of our engaging and experienced trainers. Sessions can be delivered virtually via webinar or teleconference or delivered in person at your workplace. Programs range from 30 minutes to a full day, so you can choose the time that is best for you and your employees.

Scheduling & cancellations

To request training, contact your account manager or call your dedicated toll-free number to speak with a workplace consultant. Please provide a minimum of 15 to 20 days' notice to coordinate your seminar. If you need to cancel, we appreciate notice at least 48 business hours prior to your scheduled event to avoid a cancellation fee or reduction in your available bank of hours.

Resiliency for healthcare workers

Compassion fatigue

For many of us, our day-to-day jobs are both physically and mentally demanding. This class uncovers the symptoms of compassion fatigue and guides participants through real-life strategies to combat exhaustion.

Conflict management

Understand and dissect your role in conflict, then learn the steps to manage it effectively. Participants will discover new ways to "play in the sandbox" productively with diverse personalities.

Dealing with challenging people

Navigating relationships with difficult people is something everyone must learn. Whether their actions impact lives — or simply push buttons — this class provides strategies for dealing with challenging people in the workplace and beyond.

De-escalation strategies

Dealing with conflicting opinions and ideas is part of life. In this session, we discuss how to de-escalate contentious situations and explore what to do when they spiral beyond what is reasonable. Participants will learn how empathy, respect, and active listening can help avoid conflict and lead to better understanding. We also explore how to build awareness of your own triggers so you can bring your best self to any situation.

Managing trauma in the workplace

Understand the signs and symptoms of post-traumatic stress disorder (PTSD) in this interactive training. Participants will learn about the history of PTSD, discover what qualifies as a traumatic event, and learn how to intervene when someone is triggered. This training also covers appropriate ways of coping, including how to practice self-care after experiencing a traumatic event.

Resiliency

A person's ability to forge ahead through adversity can have a profound impact on personal well-being. In this two-part class, participants learn how to adapt to changing circumstances and discover strategies for becoming more resilient.

Stress management for high burnout professions

This seminar gives managers and directors the tools to help themselves and their employees cope with a high-stress or high-trauma work environment. We explore the newest research, including seven signs that correlate with burnout.

Suicide identification and prevention

Knowing the early warning signs of suicide is critical. This seminar explores how to help identify when someone is struggling so that better suicide prevention programs can be implemented at work and in the community.

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