

When Breathing Techniques and To Do Lists Aren't Enough:

Confronting Stress Management Through Organizational Culture

BOOSTER TRAININGS



Description

This booster session will build on the discussion about confronting stress from an organizational culture perspective. Using the constructs of psychological capital (hope, resiliency, optimism, and self-efficacy), we will discuss very practical ways that all of us can support our agencies in addressing stress.

Learning Objectives

1. Develop a plan to implement one new action to mitigate the risks of stress at a personal and organizational level.
2. Describe the four constructs of psychological capital.
3. Identify at least three individual and organizational risk factors that allow for negative stress.

Dates and Times

DATE: October 6, 2020
TIME: 9:00AM-10:15AM
Platform: ZOOM

DATE: October 8, 2020
TIME: 9:00AM-10:15AM
Platform: ZOOM

Intended Audience

These booster trainings are intended for all levels of APS professionals, including line staff, supervisors, managers and trainers that attended the initial virtual workshops in May, June, August and September.

Registration

REGISTRATION PROCESS: Please register through your county training coordinator.

REGISTRATION DEADLINE: September 28th, 2020

Zoom link will be sent with registration confirmation

- The use of a web camera and headset or earbuds with microphone is recommended during this training

If you have any questions, please contact:
apstraining@sdsu.edu

Presenter

Christopher Dubble, MSW, is currently the Director of Training and the Director of the Institute on Protective Services at Temple University Harrisburg in Pennsylvania. The Institute on Protective Services provides training and consultation for Pennsylvania's adult and older adult protective services system and other investigative agencies. He has worked in the area of protective services for the last 18 years. In his over 25 year career in social work, he has held both direct practice and management positions in healthcare.