



911: RESCUE
YOURSELF
WORKSHOP

911: RESCUE YOURSELF WORKSHOP

1

YOUR GREATEST ASSET

Your employees are your greatest asset. Unfortunately, because of the nature of the work, they are exposed daily to their #1 health risk: Stress related illnesses. Physical health and mental health issues are usually traced back to excessive stress, and their role provides plenty.

2

WE KNOW THE ANTIDOTE

The keys to maintaining health in a high stress environment lie in self-care. There are three areas to bolster: Self-awareness, Compassion Satisfaction, and Healthy Habits. We use creative metaphors which help cement abstract concepts. Your people are inspired and empowered to take positive actions

3

911: RESCUE YOURSELF

In this training, we start with WHY. When people have a strong WHY, they can accomplish their goals. We address the WHAT of taking charge of one's own well-being through Healthy Habits. We then shift our focus to HOW to implement powerful self care strategies.

4

COMMUNICATION

We address the skills of communication through the training on Self Awareness. The Gremlins are powerful in demystifying the ideas of monitoring oneself holistically. The shared language gives people a more objective way to think about themselves and others.

5

THE TEAM

The team will gain a framework for a group implementation. Some of the effects of this practice include greater camaraderie, more appropriate support, and positive outcomes for individuals. And, it's fun!

THE DETAILS

This eight-hour workshop

- The workshop is best delivered in person. Virtual workshops can be arranged if in person is not possible.
- Participants will receive a workbook. ©
- Ample opportunity to interact with the rest of the class increases camaraderie and enhances the learning.
- An emphasis on personal responsibility is woven throughout the day.
- Your people acquire clear, actionable steps to incorporate a healthy practice in their daily living.
- The Gremlins provide a bridge across generational gaps that can help improve interpersonal communication for your team.

WHAT PEOPLE SAY:

With relevant and reflective examples combined with relatable principles this training course digs beneath the surface and highlights the importance of accountability from every stakeholder involved. JaCorey Robert Glaude, ENP RPL CMCP

Edie, I enjoyed your class very much. Your enthusiasm and passion for teaching were evident. A few takeaways that I wrote down include "When you know better, you do better." So good. And compassion fatigue is the root of a toxic work environment. Understanding this industry and the stressors we experience daily really helped me understand the importance of taking care of my overall health and well-being. Thank you, thank you! (Anonymous evaluation)



HI, I'M EDIE

I proudly served in 9-1-1 in the 80's and 90's. The negative drain due to the work led to physical, mental, and spiritual health issues. In the years since I left the industry, I've earned three advanced degrees, including a doctorate. I am passionate about helping people choose well for themselves.

Over the years I served as a counselor and then a chaplain*. My doctoral work centered on addressing compassion fatigue. Between academic learning and my life experience, I've developed tools and practices to help stressed out people and their work groups establish strong self-care habits. I have the skills and am unafraid to address tough topics like grief, bullying, and toxicity with your team members. My creative and holistic approach engages and energizes all ages toward greater whole life wellness.

*Professionally trained chaplains like me do not impose their religious beliefs on people. Don't be afraid that I will make your people uncomfortable. I am your #911virtualchaplain



Rev. Dr. Edie DeVilbiss
Shape Good Habits
(318) 497 0187
edie@shapegoodhabits.com