



## **Resilience Training for Human Resources**

**Customized training to reduce burnout and traumatic stress**

### **Why a Resilience Workshop?**

Individuals working in human resources are at an elevated risk of psychological trauma due to exposure to stressful events and situations related to their work. Understanding PTSD and other psychological conditions related to trauma can provide valuable insight into the populations and individuals you serve and help your team to become more resilient.

The Lyda Hill Institute for Human Resilience provides **customized workshops** to help human resources employees become trauma- and resilience-informed, giving them tools to recognize trauma, understand the impact of trauma, and more effectively overcome psychological difficulties stemming from their work.

In the trainings, human resources professionals will gain a basic understanding of the effects of trauma and stress, and learn how they can foster resilience within themselves and their teams. Workshops provide virtual or in-person, interactive training, covering numerous topics which can be tailored to address the specific resilience needs of your organization.

### **Workshop topics may include (but are not limited to)**

- The biology of stress
- Post-Traumatic Stress Disorder (PTSD)
- Substance use
- The stress injury continuum
- Secondary traumatic stress
- Compassion fatigue/burnout
- Suicide prevention
- De-escalation techniques

**For more information on resilience training workshops,  
email Nicole Weis at [nweis@uccs.edu](mailto:nweis@uccs.edu)**