



Resilience Trainings for Small Business

Customized resilience trainings to reduce burnout and traumatic stress

Why a Resilience Workshop?

Small business employees are at an elevated risk of psychological trauma resulting from exposure to stressful events and situations encountered on the job. This increases the likelihood of issues such as depression, anxiety, substance use, and other psychiatric disorders, potentially leading to a variety of negative health and workplace outcomes.

The Lyda Hill Institute for Human Resilience provides customized workshops to help small businesses become trauma- and resilience-informed, giving employees tools to overcome negative experiences and remain productive on the job.

Workshops are ideal for employees who may encounter stressful or traumatic situations as part of their job. In the trainings, employees will gain a basic understanding of the effects of stress and how they can foster resilience within themselves and their workplace. Workshops provide virtual, interactive training, covering numerous topics which can be tailored to address the specific resilience needs of the business.

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