PEI-911 Online

BRING IT ON! –
Surviving and Succeeding in this Crazy, Wonderful Profession

This crazy, wonderful profession isn't for everyone. It's tough – it's challenging – and if you don't know how to take care of yourself, it can take a toll on your mind and body. This informative and highly motivational 3-week course is a how-to guide for surviving shift work and stress, handling conflict resolution, and remaining positive in a negative environment. It's **valuable** training for **ALL** communications professionals and a **MUST** for every new hire!!

PREREQUISITES:

None

BENEFITS OF TAKING THIS COURSE:

After taking this course, you will be able to:

- Understand the effects shift work has on your mind and body.
- Understand and apply proven techniques to help you survive the perils of shift work.
- Understand the effects stress has on your mind and body.
- Understand and apply the techniques to become stress resistant.
- Understand and apply the techniques for effective conflict resolution.
- Understand and apply the techniques for remaining positive in a negative environment.

WHAT YOU WILL RECEIVE:

- The ability to interact with your peers – discover common problems – find out what is working for them – share information and materials – build a support network of friends in like positions.
- One-on-one mentoring - feedback and assistance from your instructor as you gain a good understanding of how to effectively handle shift work, stress, difficult coworkers and negativity.
- Certificate of Completion awarding **8 training hours** upon successful completion of the course.

COURSE OUTLINE:

Week 1: Surviving Shift Work

- The Perils of Shiftwork
- Bring it On! Surviving Shift Work
- Home Life and Relationships – Making a "Bless out of the Mess"
- From the Trenches – *How I survive shift work…..*

Week 2: Becoming Stress Resistant

- Common Sources of Stress
- Signs and Symptoms of Untreated Long-Term Stress
- How Do I Know if I'm Burned Out?
- Bring it On! Becoming Stress Resistant
- From the Trenches – *How I become stress-resistant…*

Week 3: Handling Conflicts and Remaining Positive in a Negative Environment

- Bring it On! Steps for Effective Conflict Resolution
- Dealing with Difficult People (*or my coworkers are driving me nuts!!!)*
- Bring it On! Confronting a Difficult Coworker
- Bring it On! Remaining Positive in a Negative Environment
- From the Trenches – *Remembering why I love my job….*
- Course Wrap-Up and Final Exam

TUITION: THIS COURSE IS TAUGHT OVER 3 WEEKS VIA PEI-911 ONLINE.

$179.00 – includes all course materials

Register Online

Register 4 or more students and receive a 10% discount!! Contact PEI for details.

Additional Benefit for EEP Users!!!

PEI employee selection program users receive $20.00 off all Bring it On! student registrations!!!

Contact PEI for more information

2014 COURSE SCHEDULE

Month	Start Date	End Date
December 2013	Monday, December 2	Sunday, December 15
February 2014	Monday, February 10	Sunday, March 2
March 2014	Monday, March 10	Sunday, March 30
April 2014	Monday, April 7	Sunday, April 27
May 2014	Monday, May 5	Sunday, May 25
June 2014	Monday, June 2	Sunday, June 22
July 2014	Monday, July 7	Sunday, July 27
August 2014	Monday, August 11	Sunday, August 31
September 2014	Monday, September 1	Sunday, September 21
October 2014	Monday, October 6	Sunday, October 26
November 2014	Monday, November 10	Sunday, November 30