



PATHWAY TO COPING

ONLINE COURSE

If you are tired of being frustrated, stressed, feeling hopeless or overwhelmed, and are concerned about your mental health, this course can help. It will show you how to develop skills and techniques to cope better with stress, improve your problem-solving skills, which can lead to more internal peace.

According to Bill Wilkerson, co-founder and CEO of Global Business and Economic Roundtable on Addiction and Mental Health, stress and mental health issues have exploded in the workplace. These issues are costing Canadian businesses an estimated \$33 billion a year in lost productivity and staff turnover. Research indicates that coping skills are the lead indicator for predicting employee engagement and health.

Many people have never learned how to cope effectively, but the good news is coping skills are teachable. Pathway to Coping provides an opportunity for individuals to develop their coping skills following a structured developmental program.

COMPLETELY ONLINE

Participants can work at their own pace, on their own time, from anywhere there is a computer and an internet connection.

OBJECTIVES

Nine modules expose participants to a combination of resources and skills to help get them on the right pathway to coping.

Coping skills include problem-solving, decision-making, interpersonal skills, flexibility, impulse control, empathy, relationship skills, optimism, and positive thinking. Developing these skills takes self-determination. The course includes a self-assessment, active learning, and an evaluation process. The key objective is to get participants on the journey to being able to cope better with stressful situations so that they can make better choices.

Topics include:

- Avoiding Faulty Thinking
- Self-Confidence
- Energy
- Relationships
- Human Motivation Insights
- Flexibility
- Positive Thinking
- Leadership from Within
- Resiliency

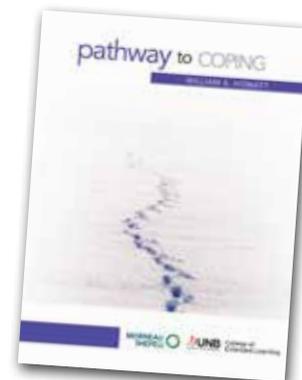
OUTCOMES

BENEFITS OF THE COURSE TO EMPLOYERS:

- Provide a supportive social environment encouraging employees to seek help
- Create an engaged workforce that is motivated to succeed
- Reduce absenteeism and turnover rates
- Build positive employee/employer relationships where employees want to come to work
- Enhance both the psychological and physical health of your employees which will lead to higher employee job satisfaction and increased productivity

BENEFITS OF THE COURSE TO INDIVIDUALS:

- Develop new, more adaptive ways of coping
- Get ahead personally and professionally
- Find peace
- Improve relationships



Strategic Partners

Dr. William (Bill) Howatt, Ph.D., Ed.D., is a strategic HR consultant committed to helping organizations protect and develop their most valuable resources—their people. Dr. Howatt has worked with some of the largest companies in Canada, Federal, provincial, and municipal leaders, and Fortune 500 companies on Wall Street.

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FOR MORE INFORMATION

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