

Fisher & Associates Solutions

Organizational Health & Employee Wellness Specialists
Successfully Addressing Workplace Stress, Burnout & Trauma

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Build Capacity

Promote Resiliency

Increase Coping Skills

SHIFT WORK: The Self-Care Challenge

A SPECIALIZED PROGRAM PROVIDED BY FISHER & ASSOCIATES SOLUTIONS

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BACKGROUND

There are many unique challenges for shift workers (and their families) and the shift work reality can create havoc with a person's overall sense of well-being. One of the main challenges is the inconsistent sleep cycles that the body is forced to endure as a shift worker.

This half-day session will take a close look at the impact of shift work on well-being and the work-life continuum while exploring successful strategies for wellness in this context.

GOALS & OBJECTIVES

The goals and objectives of the workshop are:

- To assist participants to gain a deeper understanding of the role of shift work in their lives.
- To limit and mitigate the risks associated with shift work.
- To address the personal needs of individual participants and to enhance their self-care skills regarding shift work.
- To optimize individual well-being within a shift work environment.

The following key areas are emphasized in the workshop:

- Shift work facts.
- Self-care for shift workers in four health dimensions:
 - Sleep
 - Nutrition
 - Active living
 - Relationships

WORKSHOP DELIVERY

This half-day (3.5 hour) training workshop can be offered during a convenient time to coordinate with your workplace shift scheduling needs. While most training is offered during the standard Monday-Friday, 9:00-5:00 schedule, this course can be offered in the evenings or on a Saturday.

We are pleased to discuss your needs for flexible scheduling.

PROCESS

This half-day workshop involves a combination of overviews, small and large group discussions, individual exercises, and lecture format to assist participants in meeting the goals stated above. Each participant will receive a copy of the workshop participant booklet, including:

- Background information and relevant theory.
- Workshop exercises and references.
- Take-home guides and supporting resources.

Subsequent to the workshop, and while maintaining participant confidentiality, the program facilitator will prepare a brief summary report and recommendations for the organization.

“Shift work is more than just a work schedule, it is a lifestyle”

- Shift Worker

CANADA

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