



## New online course

# Wellness and Resilience for Frontline Workers and Managers

**The impact of long hours, insecure environments, chronic stress, and traumatic incidents affect both the physical and emotional wellbeing of humanitarian professionals. They can experience anxiety, post-traumatic stress, depression and burnout.**

As a result, even the most committed and experienced of them can become unable to function at their best, meaning that crisis-affected people may not be receiving the assistance and protection that they need. Investing in humanitarian staff wellbeing and resilience has therefore become a necessity.

The Humanitarian Leadership Academy, in collaboration with global experts in the field of humanitarian wellbeing, have created a new online course to assist Frontline Workers and Managers in understanding the impact that stress is having on their lives and how to build personal and organisational resilience.



At the end of the course, humanitarian professionals will be able to:

- ✓ Understand the stress that they experience as part of their job.
- ✓ Identify the warning signs to look out for in themselves and in their colleagues.
- ✓ Develop strategies and techniques to reduce stress and help them cope with various stressful situations.

## Key features of the course

- **Target audience:** Frontline workers and managers
- **Language:** English
- **Duration:** Two hours
- **Cost:** Free
- **Format:** interactive online course with a toolkit and a facilitator guide
- **Personalised certificate** at the end of the course

[Register today](#)

Get in touch

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