

MIIA Professional Development Training



Date:

December 8, 2020

Time:

2:00-3:00 pm

Presenter:

Steven Bernstein, LMHC, CEAP

To Register, click on below link:

<https://attendee.gotowebinar.com/register/5270936007018259984>

Managing Driver Fatigue

Taking to the road at all hours is part of the call to duty, but around-the-clock shifts can create health and social struggles for employees, and a unique set of challenges for managers. This practical seminar will offer tried and true suggestions on how to manage fatigue and other common problems associated with working multiple shifts. This seminar will also address techniques to manage emotions and reduce stress, help expand attendees' emotional vocabulary, and demonstrate ways to effectively express ourselves before reaching our emotional boiling point.



Presented by your Employee Assistance Program AllOne Health **1.800.451.1834**