

January 5 & 6, 2021
Virtual, Interactive Workshops

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Resilience in the Workplace

The coronavirus pandemic is a crucible event, in which higher levels of resilience are required to support your ability to navigate uncertainty and change in the workplace. Learning more about your own resiliency and how you transmit that to others, becomes a leadership imperative, as we all begin to plan how we return to work based on strategies being developed by leaders and their organizations.

The Northwest Center for Occupational Health and Safety is partnering with the **Center for Leadership and Strategic Thinking in the UW Foster School of Business** on two workshops focused on building greater resilience for safety professionals in the workplace. These two workshops are focused on increasing your ability to adapt to modern day unprecedented adversities and challenges which create fear, uncertainty, and stress in the workplace, which are detrimental to your well-being.

These workshops and the lessons to be learned in them, are based on research conducted around the globe in a broad range of organizations and cultures. The expert instructor led sessions include participant break-out rooms to foster peer to peer interactions, short videos on key topics comprising the course, and a lot of skill building practice to transfer those lessons learned back to the workplace. Sessions are focused on promoting hope, efficacy, optimism, and well-being for individuals and organizations with the ultimate goal of fostering a higher degree of safety in the workplace.

Meet the Instructor

Molly Breyse Cox, MA, PhD, University of Washington Foster School of Business, Center for Leadership and Strategic Thinking (CLST)

Dr. Breyse Cox has over 20 years of change management work experience with Fortune 500 companies. This includes leadership positions in IT, Operations, Customer Service, Product Management, and Marketing. She joined the CLST team in 2014 as a Leadership Development Coach, member of the Game Team and Instructor for MGMT 300 in the University of Washington Foster School of Business. Dr. Breyse Cox has experience in transformational change projects including designing and deploying new technology, organizational change and leadership development. In addition she was chosen in 2008 as the recipient of Women in Technology International's Leadership Award for leadership in support of women in IT.

WORKSHOP 1 - JANUARY 5, 2021 Developing Organizational Resilience for a Thriving Workforce

This workshop for executives, managers, and health and safety leaders, utilizes over 30 years of research and best practice from positive organizational psychology to develop participants' skills and capabilities that can promote a high performing safety culture in the workplace. The course includes an examination of organizational resilience, the concept of psychological capital and its impact, and employee perceptions of fairness to help participants identify practical strategies for promoting workplace safety.

Learning Outcomes

1. Expand and deepen your understanding of concepts focused on increasing resilience and psychological capital—hope, efficacy or confidence, resiliency, and optimism.
2. Examine how to foster the development of team and organizational resiliency based on research evidence and best practices.
3. Develop your personal strategy for increasing resiliency and other positive organizational resources.

WORKSHOP 2 - JANUARY 6, 2021 Developing and Boosting Personal Resilience in the Workplace

This workshop for all practicing health and safety professionals utilizes research on positive organizational psychology to develop skills and capabilities, which have been shown to promote personal employee resilience and well-being. The focus in this course is on personal development in the areas of hope, self-efficacy, resilience, and optimism and their application to responding to today's stressful challenges in the workplace and those that will emerge over time.

Learning Outcomes

1. Expand and deepen your understanding of the impact of stress and pitfalls on your personal resilience.
2. Develop a personal strategy for increasing positive resources of hope, efficacy, & optimism.
3. Increase your personal resiliency by learning activities you can apply to boost your resiliency and those you lead and work with every day.

REGISTRATION

Registration for this virtual training is \$95 per workshop. Register for one or both workshops online at osha.washington.edu

INTENDED AUDIENCE

All leaders, supervisors, executive level managers, and health and safety professionals seeking proven tools and strategies for organizational and personal resilience while responding to the impacts of the COVID-19 pandemic.

INFORMATION

Northwest Center for Occupational Health and Safety Continuing Education Programs

Phone: 206-685-3089

E-mail: ce@uw.edu

Website: osha.washington.edu

To request disability accommodation, contact the Disability Services Office at least 10 days in advance at: 206-543-6450 (voice); 206-543-6452 (TDY); 206-685-7264 (FAX); or dso@u.washington.edu (e-mail)



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