



Stress Management Training for Funeral Directors



This 6-hour training is specially designed for all the people who are working professionally as a Funeral Director.

The dynamics of the profession Funeral Director has many aspects that need to be dealt with and can be very challenging and stressful at times. Not only has a funeral manager to deal with all aspects of a grieving clientele. Dealing with customers who are in distress by an often overwhelming situation and still keeping your cool can be emotionally very demanding. At the same time, the professional is expected to keep up the service providing role and stay on top of the situation.

While as an owner you have to run a business with all the hectic and stress a business can provide. Busy times, slow times, staffing challenges, logistics, financial stress, HR challenges, and a long list of other business decisions that need to be made. *Stress can cloud your clear thinking, keep you awake at night and drain your energy. It can burden your relationships and jeopardize your health. The good news is you can learn how to manage it instead of being managed by it.*

The Stress management for Funeral Directors training consists of *three 75 minute* interactive online weekly sessions that are designed to *learn and master techniques that will provide the practitioner ways to effectively deal with stress, gain more energy, and grow personally, and professionally.* The workshops are open to all the Funeral Directors in BC and are given individually on line. Depending on the travel time involved this workshop may be delivered in person.

Outline:

- Stress Test - What areas cause you the most Stress
- Holme-Rahe Scale of Stressful events
- Emotional Management – Cut the Self-blame and Drama
- Finding Your Balance - Building your Support Group/ Fan club
- How to steer clear from unhealthy habits that cause more stress
- Building resilience against Stress.

Training Stress Management for Funeral Directors

Program

Session I - 75 minutes Life online

Questionnaire
Stress Test
What causes your Stress?
Holme-Rahe Scale of Stressful Events

Session II - 75 minutes Life online

Body and Mind Components of Stress
Mindfulness and Meditation as a Method to stay in the Now
Developing Resilience
How can you build your Level of Frustration Tolerance?

Session III - 75 minutes Life online

Work-Life Balance
Panic Management
No More Drama

From the Stress Zone to Balance

This program will help you detect what causes your stress levels to rise. It will help you discern what the main patterns are that perpetuate these levels to rise. During the training you will receive the tools to manage these stress patterns. Your outlook will change, your stress levels will drop, your energy levels will rise, and your overall health will improve.