

RESILIENCE

MENTAL HEALTH & STRESS MANAGEMENT



nutrition
network

PROFESSIONAL ONLINE TRAINING IN
MENTAL & PHYSICAL RESILIENCE IN
THE FACE OF WORK STRESSORS

Recognising and Recovering from Burnout and Stress

An Online Training for Medical
Professionals, First Responders and
Allied Health Care

IN THIS TRAINING, YOU WILL:

- Understand the physical/emotional impact of working in a high pressured environment
- Recognise clinical features and the physiology of Burnout
- Learn about how trauma and emotional pain can trigger physical pain
- Learn practical stress-management, relaxation and coping tools and techniques

TRAINING FORMAT

Flexible online learning. Work through the content in your own time and at your own pace

Each lecture includes:

- Topic outline, learning objectives and lecture summary
- Expert speaker presentation
- Downloadable resources and references for relevant journal articles and literature



Certificate

On completion of the course, participants will be issued with a **Certificate of Completion**. This module contributes towards certification as a **Nutrition Network Practitioner**.

Key Takeaways

- Understanding the physical/ emotional impact of working in a high pressured environment and learn the tools to cope
- Recognise the clinical features and physiology of Burnout
- Remove the stigma behind seeking support
- Learn how to address mental health issues in the work place
- Become familiar with grief processing techniques
- Learn the importance of positive intelligence and how to minimise negative self talk
- Find out how to face adversity within a relationship, from a healthcare worker's perspective
- Learn how to calm your body and mind through relaxation techniques
- Discover the importance of Movement Medicine
- Received downloadable demonstrated techniques to overcome various challenges

LECTURERS & TOPICS

An Online Training on Burnout and Stress Recovery for all Health Care Professionals



DR HASSINA KAJEE

My Burnout Story
& The Stressed Brain &
Body



JAYNE BULLEN

Living a Life of Hope



KRISTIN GLENEWINKEL

Mental Wellbeing
& Relaxation
Techniques



LEAH SEFOR

Maintaining Workable
Relationships: Practical
Tools and Techniques



PAULIINA MAPATHA

My Burnout Story, &
Say No to Endurance and Negativity
& Yes to a Resilient Positive Mindset



PROF TIM NOAKES

Mental Fortitude



SUSANNAH DARLING KHAN

Grief Processing: Healthy
Ways to Deal with Grief
and Working with Heart



ANDRE OBRADOVIC

A Different Perspective
on Mental Health



DR IMTIAZ SOOLIMAN

Finding the Calm in
the Storm: Interview



DR JOHN CRIPPS MD

Resilience:
Interview

ABOUT THE TRAINING

The content of this training has been reviewed by the
Nutrition Network **Medical Advisory Board**

Training format

The training is made up of:

- Video lectures & interviews presenting
 - Physiology and scientific evidence
 - Practical implementation guidelines
 - Management tools & resources
 - Personal testimonies and interviews
- Supporting documents, including:
 - The speakers' PowerPoint presentations
 - Reference lists
 - Education resources

Enrolment

Register for the course by visiting www.nutrition-network.org/apply-now/ and select 'MENTAL FLEXIBILITY' from the drop-down menu on the application. We will notify you whether your application has been successful.

If an existing Nutrition Network student, click on the link below to enrol.

Link: <https://courses.nutrition-network.org/p/resilience>

Timeline & testing

You may start the course at any time, and work through the content completely at your own pace.

Before being awarded your certificate:

- You will need to answer a quiz for each module/topic to test what you've learned.

Who is eligible to do the course?

This training is open to everyone and will be particularly beneficial for:

- Medical Professionals
- Allied Healthcare Workers
- Health & Wellness Coaches
- First Responders
- Nutrition Network Graduates

The majority of proceeds from this course will contribute towards The Noakes Foundation and the research work they are doing.

