



Who is the Stress & Resilience course for?

This course is recommended for all humanitarian and emergency response personnel. The content is suitable for early, mid and late career humanitarians. Organizations of all sizes can make this content available their staff team at affordable rates. Individuals may also purchase this course at low individual rates.

What will I learn in this course?

This course is designed to equip staff in the following areas:

- Understanding acute stress, trauma and vicarious trauma
- Understanding the impact of stress on the brain and overall wellbeing
- Recognizing signs and symptoms of stress
- Understanding how to maintain personal resilience and improve recovery

What is the course format?

The online Stress and Resilience course includes a series of 12 short lessons. Each lesson consists of a brief video followed by a quiz. The course is self-paced.

Included in this course:

- 90 minutes of content
- Self-test quizzes
- Automated scoring
- Reflection guides
- Certificate of completion

How can I access the course?

The Stress and Resilience course is available to individuals via the Headington Institute e-learning site:

<https://headington-institute-elearning.org>

The course can also be hosted via your organization's learning platform for a small administrative fee.

Contact info@headington-institute.org for more information about group registration.