



## Personnel Support Aviation Limited

Calderpark House - 63 Calder Street  
Lochwinnoch - PA12 4DG

Enabling Human Factors

Training in: Human Factors - Resilience - Post Incident Support

PSA is delivering a training course **The Secrets of Psychological Body Armor™ – Holistic Wellness for Emergency Services and Healthcare Professions** on 28 February 2022 **online** from 8.30am – 4.30pm.

### Course Description

This ICISF accredited course is designed to aid you in building a personal culture of resilience and holistic health. Our unique approach is intended to help you learn to better manage the stress in your life in order to increase your potential for happiness, success, and even create a competitive advantage through the creation of what we call Psychological Body Armor™. There is no “quick fix” in this program. It is not designed to be a “pop psych” feel-good course. Rather, this course contains facts and specific suggestions for actions you can take to enhance your personal resilience, all based upon the latest and most credible science.

### Learning Objectives

Students will be able to:

- o Describe the nature of Psychological Body Armor™ (PBA)
- o Recognise resilient attitudes
- o Use physical exercise to strengthen PBA
- o Use nutrition to fuel PBA
- o Use rest to recharge and restore PBA
- o Use interpersonal support
- o Understand how spirituality relates to PBA
- o Develop a PBA plan

### 1 Day Course

7 Contact Hours: 0.7 General CEUs from University of Maryland, Baltimore County (UMBC) Dept. of Emergency Health Services Professional and Continuing Education (PACE)

\*Based on a formula of 1 Continuing Education Unit for every 10 contact/classroom hours.

Course participants will receive a copy of the ICISF workbook and ICISF/University of Maryland certificates of participation.

### Cost

Registration: £200.00 + VAT (public/third sector discounted rate £180 + VAT), payable in full by bank transfer/cheque, 2 weeks in advance of course starting to secure a place.

Registration is non-refundable but if a participant is unable to attend the course, a place will be offered on a future course. Limited places available, please email [contact@psa-ltd.com](mailto:contact@psa-ltd.com) to book.