

**ONLINE**

01 JAN 2025 - 31 DEC 2025

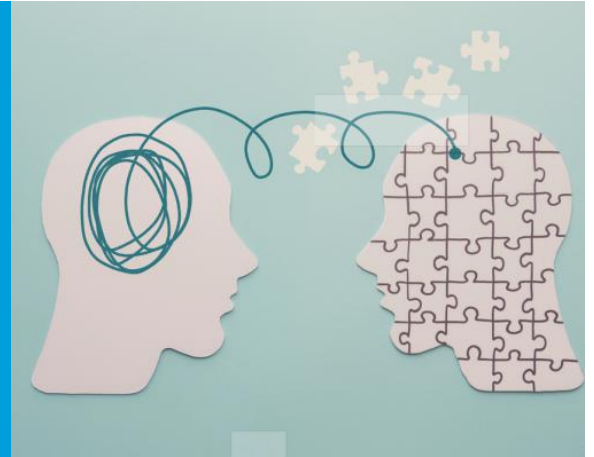
# Stress Management and Resilience Coaching for General Service staff – Five Sessions (2025)

CAREER ADVANCEMENT

MANAGEMENT

LEADERSHIP

OPERATIONAL EXCELLENCE

**LANGUAGE**  
English**DURATION**  
300 minutes**ENROLL BY**  
31 Dec 2025**PRICE**  
1,125 USD**LOCATION**  
ONLINE**TARGET**  
UN Only **CONTACT** [act@unssc.org](mailto:act@unssc.org)

In today's fast-paced, ever-changing world, it's easy to feel overwhelmed. The constant barrage of information, the pressure to perform, and the uncertainty of the future can take a toll on our mental and emotional well-being. We've all experienced those moments: the racing thoughts, the tight chest, the feeling of being perpetually on edge. It's the silent burden many of us carry, and it's why we're so passionate about launching our new Stress Management and Resilience Coaching Package.

This Package is composed of five individual coaching sessions of one hour each, with the added feature of personal capacity-development, the opportunity to enrol in up to three of our bespoke, UN-focused self-paced learning modules:

- Introduction to Mindfulness in the Workplace
- Managing Stress in the Workplace
- Personal Energy Management

We've listened. We've heard your stories. We've seen the impact that chronic stress can have on individuals, both personally and professionally. It's not just about feeling a little stressed; it's about the pervasive sense of unease that can erode our joy, hinder our productivity, and strain our relationships. This isn't just a trend; it's a reality. Studies consistently show a rise in stress-related illnesses and a growing need for more effective coping mechanisms. We strive to empower people with the resources and insights they need to face life's challenges with confidence and composure. We understand that resilience is not an innate trait; it is a skill that can be developed and nurtured.

# Introduction

The UNSSC Stress Management and Resilience Coaching Package is designed to provide you with a personalized roadmap to managing stress and building resilience. This is not a quick fix or a band-aid solution: instead, the coaching will empower you with evidence-based strategies and practical techniques that you can integrate into your daily life.

## Objectives

Through the optional self-paced modules, as well as the one-on-one coaching sessions, you will:

- **Identify your unique stress triggers:** The coaching will help you pinpoint the specific situations and patterns that contribute to your stress.
- **Develop effective coping mechanisms:** You'll learn practical tools for managing anxiety, regulating emotions, and finding calm amidst chaos.
- **Build your resilience toolkit:** the coach will guide you in cultivating a mindset of adaptability and strength, allowing you to bounce back from setbacks with greater ease.
- **Enhance your self-awareness:** You'll gain a deeper understanding of your emotional responses and learn to manage them proactively.
- **Create sustainable lifestyle changes:** You will work together with your coach to implement healthy habits that support your overall well-being.
- **Foster proactive self-care:** the coaching will help you increase the strength that comes from building resilience. You deserve to live a life free from the debilitating effects of chronic stress.

## Course methodology

UNSSC coaching services are delivered by highly experienced and credentialed coaches who work in our programmes and specialize in stress management. You can benefit from tailored one-on-one coaching sessions, to discuss and find meaningful learning while working to reach your goals and vision.

- If you have already worked with one of our coaches, you are welcome to request to work with the same one. If this is your first coaching experience, we will contact you after your enrolment has been approved in order to pair you with one of our coaches, according to your specific needs.
- The UNSSC Stress Management and Resilience Coaching for General Service staff - Five-Session Package offers five sessions of one hour each.
- The coaching sessions are completely individualized for you, confidential, and delivered online (Teams, Zoom, telephone, etc.).

## Course contents

Please be aware of our coaching policy on scheduling, rescheduling, cancellation and no-show of sessions:

### Procedure and scheduling of the coaching session:

- The time of the coaching meetings will be determined by the coach and client based on a mutually agreed upon time.
- Coaches will make a minimum of two attempts in writing to communicate with the client to schedule the session.
- If the coaches' efforts do not successfully result in the scheduling of the session, UNSSC will make contact with the client and advise on a deadline for the replying and scheduling of the session in order to avoid forfeiting a session.
- If the above efforts do not result in a coaching session being scheduled and completed within the agreed time frame, the client will forfeit a coaching session.

### Cancellation of sessions and no-shows

- Coachees must give their assigned coach 24-hour cancellation notice prior to their scheduled session.
- Coachees are allowed a maximum of two cancellations per coaching session.
- In the event that participants have exhausted the allowance of re-scheduling their sessions, or they no-show or cancel their session with less than 24 hours' notice, the coachee will forfeit a session.
- Exceptional circumstances will be dealt with on a case-by-case basis by the coach and coachee.

## Target audience

This activity is open to any General Service staff member from across the UN.

In order for us to better tailor the coaching offer to your needs, kindly reply to these questions in the "Motivation" field when you enrol online:

- Have you ever been coached before?
- If you have been coached before as part of one of our programmes, would you like to be assigned the same coach?
- What is your preferred language for coaching?
- What is your preferred time zone for the coaching?

## Cost of participation

The activity fee is \$1,125 for five sessions of one hour each.