UNITED NATIONS SYSTEM STAFF COLLEGE

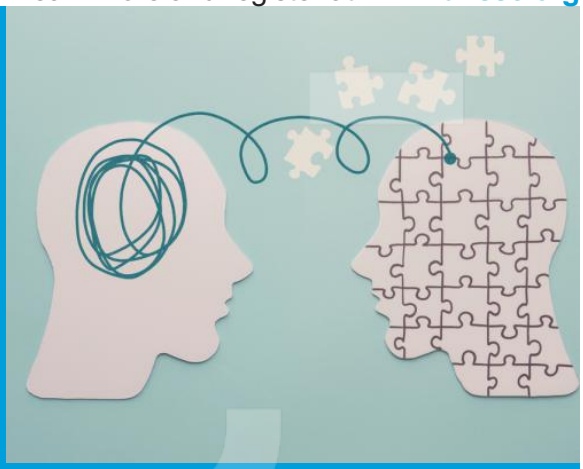
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ONLINE

01 JAN 2026 - 31 DEC 2026

# Stress Management and Resilience Coaching Path for Professional Staff – Five Sessions (2026)

Mental Health and Well-being



| LANGUAGE | DURATION | ENROLL BY | PRICE | LOCATION | TARGET |
|---|---|---|---|---|---|
| English | 300 minutes | 09 Dec 2026 | 1,365 USD | ONLINE | UN Only |

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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 have 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 that's why we are so passionate about introducing our new stress management and resilience coaching package including a self-paced learning path, designed to help you strengthen well-being, sustain performance, and thrive in times of change.

## Introduction

The UNSSC Stress Management and Resilience Coaching Path 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 and self-paced learning modules 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:** coaching will help you increase the strength that comes from building resilience.

# Course methodology

Our self-paced learning modules related to stress management and resilience offer practical strategies to help you maintain well-being and balance in challenging work environments. Grounded in evidence-based approaches, the modules provide tools for managing pressure, building emotional strength, and fostering a sustainable sense of purpose and focus, anytime, at your own pace.

Our coaching services are delivered by highly experienced and credentialed coaches who also work within our learning programmes, and specialize in stress management. Through one-on-one sessions, you will have the opportunity to reflect, learn, and take practical steps toward achieving your professional goals and vision.

If you have previously worked with one of our coaches, you are welcome to request to continue with the same coach. If this is your first coaching experience, we will contact you after your enrolment has been approved to match you with a coach best suited to your specific needs.

All sessions are **confidential, fully tailored to you**, and conducted **online** via Zoom, Microsoft Teams, telephone, or another preferred platform.

# Course contents

This package is composed of individual coaching sessions, with 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

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 you with the resources and insights you 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.

UNSSC provides a confidential and supportive space for reflection, growth, and action. Through flexible one-on-one sessions with experienced, UN-context–aware coaches, the coaching process encourages greater self-awareness, resilience, and focus, helping you strengthen relationships, navigate complexity, and achieve your career and organizational objectives with confidence.

# Target audience

This package is open to any professional-level staff member from across the UN system.

To help us tailor the coaching offer to your specific needs, please respond to the following questions in the “Motivation” field when completing your online enrolment:

1. Have you received coaching before?
2. If you have previously been coached as part of one of our programmes, would you like to work with the same coach again?
3. What is your preferred language for coaching?
4. What is your preferred time zone for scheduling sessions?

# Cost of participation

The fee for this coaching package is USD 1,365, which includes five individual sessions of one hour each.