



## Coffee Break Training - Management Science Program

### National Fire Academy Course Helps Relieve Your Struggling

No. MS-2013-1 January 23, 2013

**Learning Objective:** The student will be able to describe how the NFA course “Effective Leadership Skills for Fire and EMS Organizations” can help address personal and organizational struggles.

At home or at work, we often find ourselves struggling and needing help. Every individual at some point in his or her life encounters stressors. When these stressors come into our lives, we need to be able to



Students in a recent National Fire Academy “Effective Leadership Skills for Fire and EMS Organizations” course share their experiences.

recognize them, identify where they originate, and whenever possible communicate effectively with people to reduce or even hopefully eliminate stressors completely.

The NFA course “Effective Leadership Skills for Fire and EMS Organizations” can help you with all of these issues. The course initially focuses on your personal strengths and weaknesses. It then identifies the stressors in your life — some that are potentially reversible. Through instruction on communication, coaching and mentoring, it teaches you how to work through these stressors — in particular those in the work setting — and get on a more even keel with your co-workers. Lastly, it teaches you how to identify the various generational mindsets and personality traits you will find in your workplace and how to best manage them through positive input and appropriate direction.

Through our course discussion, we have found that no matter what your rank or position within your department we all need help in dealing with the wide variety of personalities in the modern fire service. The suggestions and changes that are put forth during the course can help save relationships at home and in the workplace, can foster positive improvement on health through stress reduction, and can create a much more harmonious crew environment at your department.

Now it’s up to you to take a step in the direction that can help ease your struggles and help improve those relationships that mean the most in your life. Sign up for “Effective Leadership Skills for Fire and EMS Organizations.” Information on course schedules and application forms is found at <http://www.usfa.fema.gov/nfa/resident/index.shtm>.