

Applying Personnel Resilience and Emotional Agitation in Occupational, Health and Safety Education and Training

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Abstract : Continual professional development is an important concept for safety professionals to strengthen the knowledge base and to achieve the required qualifications or international memberships in a given time. But the main problems which have observed among most of the safety aspirants are as follows: lack of focus, inferiority complex, superiority complex, lack of interest and lethargy, family and off job stress, health issues, usage of drugs and alcohol, and absenteeism. A HSE trainer should be an expert in soft skills and other stress, emotional handling techniques, so as to manage the above aspirants during training. To do this practice, a trainer has to brainstorm himself of few of the soft skills like personnel resilience, mnemonic techniques, mind healing, and subconscious suggestion techniques by integrating with an emotional intelligence quotient of the aspirants. By adopting these techniques, a trainer can successfully deliver the course and influence the different types of audience to achieve success in training.

Keywords : personnel resilience, mnemonic techniques, mind healing, sub conscious suggestion techniques

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