

MODULE 2

A New Look at Shiftwork



Trainer Manual

30 Minute Agenda for Core Presentation

- 8:30 — 8:35: Overview and Key Changes in Mindset
- 8:35 — 8:40: Advantages / Challenges List
- 8:40 — 8:50: Activity # 2.3
- 8:55 — 9:00: Summary (*encourage Participants to work on the additional activities on their own time*)

Trainers Tips:

- Start the lists for the advantages/challenges on flipchart paper before the workshop. Have 2 or 3 points ready for each column to help stimulate discussion.
- Use the clenched fist for brain demonstration to emphasize the change in mindset.
- Remind participants that the “whole” world of work is changing—workers are being challenged to “do” things differently. It is an era of responsibility and accountability—each individual is responsible and accountable for his/her own job satisfaction and job enjoyment.
- You may encounter some resistance to the positive perspective discussion. Use questions to overcome the resistance.

Examples:

Could it be / work better?

Do you want it to be more positive?

Have you looked at other possibilities?

If you are unhappy with what exists are you willing to change it?

Has complaining helped?

Are we at risk of “misery loves company”?

Objectives:

- To explore mindsets about shiftwork.
- To be able to list advantages of working shifts.
- To be able to list challenges of working shifts.
- To be able to prepare new scripts for talking about shiftwork.
- To be able to reflect on the importance of a positive attitude when working shifts.
- To be able to provide reliable information about shiftwork.

Slide 1



A New Look at Shiftwork

SAMPLE
Content
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Slide 2

Perceptions, Attitudes and Mindsets

... shape our ways of looking at Shiftwork.

- The first mindset is that of the shiftworker.
- The second mindset is that of the people who are connected to the shiftworker.

**Become pro-active
instead of reactive!**

Overview

PM 2

Attitudes, opinions or mindsets shape our ways of looking at shiftwork. 30% of Canadian workers are shiftworkers. There are two mindsets to work on. The first mindset is that of the shiftworker. The second mindset is that of the people who are connected to the shiftworker. Changing attitudes, opinions or mindsets is often as simple as seeing the positives for yourself and planning positive messages to say to yourself and others.

**Is shiftwork difficult
or just different?**