You are invited to participate in the Before Operational Stress (BOS) Program with Wayfound Mental Health Group, BOS is a resiliency-based program that empowers front-line workers to take charge of their mental health. As we work to continue to understand operational stress, our research tells us we can provide tools to proactively cushion the impact of your work. BOS can help you do your job while recognizing and managing the effects on your mental health.

8 Modules

Module 1: Operational Service Culture
Module 2: Physiology of Operational Stress
Module 3: Markers of Operational Stress
Module 4: Cognitive Impacts
Module 5: Emotions
Module 6: Behaviour Change
Module 7: Communication
Module 8: Empathy & Functional Disconnection/ Reconnection

Register Now
Using CBSA2022

SCAN ME

Who Can Register:

- Border Services Officers
- Policy/Program Officers
- Senior Analyst, Policy and Programs
- Trade Compliance Officers
- Contact Center Officer BIS
- Investigators
- Detector Dog Handlers
- Liaison Officers

- Prohibited Importation Unit
- Intelligence Officers
- Intelligence Analysts
- Intelligence Clerks
- Inland Enforcement Officers
- Enforcement Assistant
- National Targeting Center
- Investigators

- Instructors
- Hearings Officers
- Hearings Investigators
- All levels of Management
- Any employee who has experienced Operational Stressors

https://education.wayfound.ca/courses/bos-research

Step One:

Click Start Course button.

of operational stress, versus the effects of operational stress being in charge of them.

This program has been designed to serve and protect public safety personnel as they serve and protect us all.

Research Participation

As a part of this project, all individuals are invited to participate in a research project evaluating the BOS program. The research is being conducted independently by researchers at the Canadian Institute of Public Research and Treatment (CIPSRT).

Participation in the research is voluntary and is not a requirement for participation in the BOS program.

Start Course

Step Two:

Enter information and click Sign Up button.

Create a new account

I already have an account!

First Name

First Name

Last Name

Last Name

Email

Email

Password

New Password

☐ I have read and agree to the Customer Privacy Policy.

Sign up

Step Three:

Once in the course, input your employer code to continue.

QUESTION 1 OF 2

Please enter your participation code:
* If you do not have a code, please enter GEN2022

CONFIRM

Start learning!