



Stress Management

Overview

With day to day stresses in the workplace attributing to higher numbers of stress related illnesses and reduction in productivity the recognition of and need for stress management has become paramount. This two day workshop is designed to simply provide tangible techniques that can be used to combat and overcome existing stress issues and also how to completely circumvent them. The techniques are transferable both in and out of workplace to provide personal buy-in for attendees and gives the ability to deal more effectively with stressful situations; coach others in the same techniques and express emotional issues effectively.

Who is it for?

Ideal for staff at all levels who want to take control of personal stress & stressful situations that impinge on performance. They will learn how to manage that stress with state control & relaxation techniques, uncovering its root cause & effectively resolving issues.

What's covered?

- Identifying what stress is
- Understanding its root cause & how it affects behaviour
- Positive state control
- Limiting beliefs & overcoming them
- Useful problem solving processes
- Visualisation & relaxation techniques
- Understand what triggers stress
- Strategies for appropriate emotional release & management

Learning Objectives

- Management of your stress for better results
- Stay calm & in control at times of stress or conflict
- Help others to overcome stress & anxiety
- Learn new effective strategies for communicating
- Improve communication both in & out of work

Workshops are delivered by experienced training and development professionals