

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 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?

For those individuals who want to take a more proactive approach to managing stress and in 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.

Course content to include...

- Identifying what stress is
- Recognising stress triggers & the signs of stress
- Stress process & the biology of stress
- Understanding its root cause & how it affects behaviour
- Positive state control
- Stress Inducing Beliefs Indicator & overcoming limiting beliefs
- Stability zones
- Visualisation & relaxation techniques

By the end of the course learners will be able to...

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

"I found the course extremely helpful. I believe that it will enable me to recognise stress symptoms in others, as well as myself, I would recommend that everyone attends this course"

