

Content

Introduction to stress

- what is it?
- how to recognise the symptoms; mental, emotional and physical
 - the Stress Pyramid
- circles of influence and concern
- mental toughness; four ingredients

Stress in the workplace

- comfort/stretch/panic
- causes and pressures
- the journey of change

Self awareness

- exploring your triggers/habits
- behaviours and attitudes of an achiever
 - recognising how you can achieve better results
 - creating a personal plan

Stress releasers

- mind and body relaxation exercises
- how to master the power of your heart
 - what foods/moods and exercise increase energy.

Stress Management

Personal Impact

Your workplace is busy and pressurised with a seemingly endless cascade of demands and pressing deadlines. At times you lack the necessary energy and motivation and struggle to see the woods for the trees, or maybe feel frustrated or even angry, and do not understand why. You are worried and anxious that you have insufficient time to complete your work and cannot find time to devote your attentions to other important people or things in your life.

Everyone feels challenged or faces stress at some point, yet some people seem to thrive when others wilt.

This programme will explore the nature of stress in the modern work environment. We will leave you with a valuable set of tools enabling you to 'flip the switch' and control stressful situations any time you choose.

Benefits

By the end of the programme you will be able to:

- understand the nature of stress and challenge
- describe the impact of the Stress Pyramid
- explore the four key areas of mental toughness
- recognise the difference between a high achiever and a workaholic
- identify your and others' reactions to stress
- experience simple relaxation techniques
- develop good habits that give you energy
- experience life with a lighter touch
- manage stress more effectively.

Approach

This day is filled with practical ideas, tools and techniques. Using a mix of exercises, discussion and facilitator led sessions, you will discover more about yourself. You will be challenged to think about what resources you currently have and helped to plan what you need to put in place to support you on returning to the workplace.

Who should attend?

Anyone. Your ability to manage stress is an important success factor at work.

Programme information

Duration: One day

Price: £375 (excluding VAT)

Dates and locations:

15th May 2008 • London

20th November 2008 • Surrey

5th March 2009 • Midlands

For further details please call John Baldwin on 01306 621600.

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