

Stress Less - Work Smarter

Duration: Half day

Maximum 12 delegates

About the course

Stress affects people in different ways and what one person finds stressful can be normal to another. With each new situation a person will decide what the challenge is and whether they have the resources to cope. If they find they don't have the resources to cope they will begin to feel stressed.

This workshop is all about providing people with practical resources which they can call upon when feeling stressed or when they are likely to be in a stressful situation. Three main objectives underpin the workshop: to identify causes of stress, to understand how it affects us and to explore different options for minimising and dealing with stress.

Who should attend?

Anyone, at any level in their career, who is looking for practical methods for dealing with current or expected stressful situations, at work or outside of the workplace.

Course Content

Delegates will learn how to calm their mind on demand and from this:

- their concentration and creativity will improve
- they will perceive their mental and emotional process with increasing clarity
- they will discover that self-confidence is something that will arise naturally in a trained mind
- they will learn to uncover their ideal future and develop the optimism and resilience to thrive
- After completing this workshop, delegates will have the skills and knowledge to:
 - Manage personal stress and work related stress
 - Become aware of their stressors and their emotional and physical reactions
 - Recognise what they can change
 - Respond to stressful situations by using effective techniques
 - Moderate their physical reactions to stress
 - Utilise their own inner resources to find greater health and well being
 - Overcome stress and respond to it in a positive manner
- Key practices
 - Relaxation techniques
 - Breath control
 - Understanding emotional intelligence
 - Exploring mindfulness techniques - mindfulness meditation, mindfulness listening, mindful conversation.
 - Desktop exercises to manage the physical effects of stress on the body
 - Body Scanning to identify where stress starts