

# MANAGING STRESS

## Delivery Format



### Face to Face Group Workshops

Maximum 12 participants  
1 day



### Live, Virtual Group Workshops

Maximum 12 participants  
1 day

## Who Should Attend?

This 1-day workshop is designed for anybody wanting a primer in dealing with the stresses which affect their well-being, confidence and productivity. It's also recommended for anyone who:

- ✓ Often feels overwhelmed with the sheer volume of work
- ✓ Works in a fast-paced environment, industry or sector
- ✓ Leads or manages a team
- ✓ Supervises colleagues
- ✓ Is a coach or mentor
- ✓ Aspires to manage or lead a team in the near future
- ✓ Wants to develop themselves as a more competent and effective manager or leader

# Workshop Overview

We've all had that feeling of being out of our depth and overwhelmed with work. This valuable 1-day workshop enables participants to take a step back from their busy lives and make proactive steps towards taking control of how they deal with negative stressors. They'll learn that some stress in their work lives is positive, especially when they learn strategies to recognise these states and channel this into focus, productivity and effortless 'flow'.

## Key Objectives

Participants will leave the workshop with strategies and practical actions to:

- ✓ Recognise what happens to their bodies physiologically when under stress
- ✓ Proactively deal with the things which are within their control
- ✓ Feel more in control of their daily activities
- ✓ Create and use deadlines positively
- ✓ Increase confidence in their ability to cope with their workload
- ✓ Reduce stress through improved workload planning
- ✓ Manage their mental state to promote more positive emotional and physical outcomes
- ✓ Manage colleagues more effectively
- ✓ Create a more balanced lifestyle
- ✓ Increase their work effectiveness and productivity
- ✓ Establish rituals and behaviours to increase their energy in four key areas
- ✓ Improve both work and home relationships
- ✓ Select from a range of practical tools and techniques to proactively reduce stress from their work lives

This upbeat and practical 1-day workshop enables participants to make tiny tweaks to the way they think, feel and behave in order to deliver more positive outcomes at work and at home.