

Overview of Half Day Course



Training delivered at client premises or suitable alternative location.



This course is usually a half day course (2-3 hours) but can be tailored to suit client needs.



The course is suitable for a group of up to 20 participants.

Course Objectives

Our objective is to help all participants help themselves recognise the impact of stress and improve their ability to manage it, resulting in a healthier, happier and more resilient approach to work. Following our training, participants will:

- have a better understanding of themselves and their reaction to stressful workplace events
- improve their ability to adjust how they think and act in response to common stressful situations at work
- become more aware of how their brain is hard wired and what makes them languish and flourish at work
- have a range of practical tips and techniques for managing stress
- understand how to take care of themselves and take control of the problem to best manage stress.

Content Overview

Our training draws upon extensive research from the field of positive psychology and Neuro Linguistic Programming. It is designed and delivered by professionals with extensive experience of the reality of working in a corporate environment.

What is Stress?	Introduction to what stress is and how it impacts bodies, minds and behaviour at work.
Stress Heads-Understanding our Minds	Learning about the role our minds play in stressful situations and how to develop self-awareness and an understanding of emotions and patterns of thinking.
Stress Heads -Managing our Minds	Our 6-step practical technique for managing mindset to minimise the stress response.
Taking Care of Ourselves	A look at the role that diet, exercise, sleep, deep breathing, laughter and mindfulness plays in stress management.
Taking Control of the Problem	How to regain control in those situations that commonly lead to stress, including coping with competing demands and challenging workload, difficult colleagues and clients, workplace changes and general dissatisfaction.