

This 2 day stress workshop takes into account the individual's coping mechanisms and focuses on what will work. We address both the team's stress levels, the work place events as well as the personal circumstances of each learner.

We use a range of techniques and tools that address current stressors and future coping abilities. While relaxing and taking time out may come naturally to some, for others it is all but impossible to take some personal time out to recover.

This workshop takes life styles, work pressures and current stressors into account and uses facts and emotional intelligence techniques to facilitate long term benefits.

For any company who is struggling with under performance, increased conflicts, apathy, lethargy and general stress. This workshop is practical and realistic and generates a practical understanding of the why's, what's and how's of what your employees are going through so that they can take personal responsibility for their performance.

Module 1

Understanding stress, change and chaos

Understand distress and eustress
Work with the stress curve
Identify your stress
Recognising your change coping skills
Identify what chaos means for you and how to control it

Module 2

How we all respond differently to situations

Look into what causes you stress
Explore how stress effects you emotionally and physically
Consider your natural response to stress at work

Module 3

Comfort zones

How we use barriers to control our environments
What we look for in new situations
What keeps us stuck in the past
When comfort zones are good
How to move beyond what we know so that we can grow

Module 4

Personal Response Mechanisms

Find out your natural stress response mechanism
Techniques that help you to correctly frame your experience
Recognising your potential and how to unlock it

Change is a funny thing, it can be as energising and liberating as it can be destructive and damaging. We all deal with change differently but it is how we cope afterwards that is the most telling.

When we are subject to many small changes, increased work stress and a little chaos thrown in for good measure, we can feel overwhelmed and it is important to stop and consider where we are and what we want before we can move forward and embrace the new opportunities.

This workshop looks at stress in a personal way and helps each learner to work through their perceptions, their logic and their own process so that they are able to view their current situation and their emotions factually. The facts are what help us to cope, the facts that are relevant to each of us.

Learner Comments

"Extremely informative, now I understand myself more and my team."

"Cool!"

"It was very informative, relating to stress management, which can be used for personal life."

"Excellent"

"Relaxing"