

OVERVIEW OF STRESS MANAGEMENT PROGRAMMES

Stress Less (Half Day – All Employees)

Course Benefits:

- Identify and measure your own stress levels
- Recognise the triggers that propel you into a stressed state
- Develop your own personal toolkit that steers unhealthy stress into a healthy stress zone of focus and engagement
- Perform to your utmost ability unhindered by the negative influences of stress
- Practice a range of exercises to reduce stress in your life
- Select the foods and drinks that support a healthy physical and mental state
- Recognise the consequences of long term stress on your health
- Reduce your risk of suffering from a health related illness induced by stress

Minimising Stress Within Teams (Half Day - Line Managers)

Course Benefits:

- Understand and confidently implement your company policy on stress
- Quickly recognise early signs of stress within your team and intervene appropriately
- Identify the key causes of work-place stress and put plans in place to minimise it
- Have total clarity around the most effective managerial behaviours for reducing stress
- Know your own stress management competency score and the areas you need to develop
- Have a toolkit for quick and easy interventions to manage your own and others' stress levels
- Competently coach individuals who are having specific challenges around stress
- Return to the workplace totally confident in your ability to manage and reduce stress

The 5 Pillars Of Resilience (1 Day - Leaders & Managers)

Course Benefits:

- Understand where resilience comes from and how to ramp yours up to the maximum
- Recognise which of the pillars represent your areas of strength and which are development areas
- Capitalise on your strong pillars and develop your weaker ones to improve your overall resilience
- Reduce your risk of illness and burn-out by embracing the key principles of physical wellbeing
- Experience the positive power of outcome-orientation – knowing what you want & how to get it
- Realise unparalleled levels of self-confidence and inner drive
- Understand the crucial importance of strong relationships and how to significantly improve them
- Think more laterally, creatively and flexibly than you ever thought possible
- Face the future with optimism, secure in the knowledge that you have all the resources you need to survive, and even thrive, in these challenging times