

Resilience & Stress Management

We work in a competitive and high pressure environment where stress is part of our lives. Experts agree that the right amount of pressure fuels performance, health and personal satisfaction. This practical course helps you to learn how to manage pressure positively and identify your personal optimum pressure level. This allows you to consider realistic opportunities for improving and maintaining your level of performance.

Who Should Attend

A programme for people who want to manage the pressure they face at work. Those who wish to restore calm, clarity and concentration to their roles at work and their relationships in general. It is also for those whose role is to help others identify and manage their stress

What you will learn:

- Provide participants with a complete understanding of the causes and cures of stress and how to use practical tools to prevent stress
- Identify the type and level of stress which they are experiencing
- Know how to relax and refresh mind and body
- Develop a constantly positive attitude and protect themselves against negativity
- Strengthen their ability to respond and build self confidence
- Recognise stress in others and help them manage it more effectively
- Adopt methods to stop consuming others' stress and being affected by their emotions

Course Content:

Understanding Stress: What is stress and why does it happen? The seven illusions which now surround the concept of stress. The signs, symptoms, causes and triggers of stress. Why stress is a powerful messenger and why we go into stress denial. How to break the vicious cycle of stressful thinking. The vital link between our beliefs, perceptions and our experience of stress. The difference between reactivity and responsibility

Managing Stress: Insights, tools and techniques to manage stress. How to focus your mental energy, think positively and respond proactively. Strategies to conquer stress triggered by change. Learning how to relax and recharge, anywhere, anytime. What to do when you are hit by sudden panic or anxiety attacks

Preventing Stress: Interrupting the stress reaction before it occurs. How to recognise the root cause of all forms of stress and "nip it in the bud". Methods to prevent anger and conflict escalating in relationships. How to take the stress out of working with difficult people.