

Stress Awareness

A workshop which uses a mix of theory and practical exercises to focus delegates on the causes of stress and strategies for successful stress management.

Suitable for:

All staff

Objectives:

- Understanding stress and how to cope with it
- Recognising different responses to stress
- Developing strategies to reduce stress

Programme:

- Questionnaire completed by delegates
- Understanding stress
- How we generate stress
- Stress and change
- Personality types
- Stress in the workplace
- Positive and negative triggers
- Changing our state
- Uptime and downtime
- Positive language
- Thinking in negatives
- Beliefs and stress
- Looking after your health

Duration:

One day