

If you recognise what triggers your stress and understand your natural response(s), you are a long way to being able to manage your own stress levels. Stress has become such an issue in the workplace that there is now a HSE directive to ensure companies offer their employees appropriate resources to deal with it. Our practical one-day stress management workshop provides an excellent way to develop your own awareness of what stress means to you, and the choices and techniques available to increase your ability to understand and manage stress more effectively. This is a very practical course which combines theory, discussion and a range of activities to help you manage stress in your work and personal life.

Your Workshop Leader: Roy Breustedt

LEARNING OUTCOMES

By the end of this course participants will have:

- a clearer understanding of what stress is and its impact on health and relationships
- analysed individual stress levels and identified stressors
- learned and practised techniques for coping with and managing stress
- experienced relaxation exercises designed to alleviate the symptoms of stress
- identified actions for making changes

KEY TOPICS

- When Stress becomes Distress
- Recognising your Stressors
- Stress Management Techniques
- Strategies for increasing effectiveness, resilience and coping abilities
- Practical techniques for learning to relax

WHO SHOULD ATTEND

This course will suit anyone who:

- would like to develop new techniques for managing and overcoming stress
- is feeling overwhelmed or lacking control of their stress levels and is looking to make choices and changes to improve the situation
- is struggling to balance the pressures and demands of work and home life
- is going through or about to experience major change and needs to gain perspective and develop a greater sense of control within the situation.

Outline Programme

Stress and Distress

Understand what stress is, when it is healthy and when it moves into the area of too much stress or distress.

Understanding Stress Management and Stressors

Physical, emotional and behavioural signs of stress, in yourself and others.

How stressed are you? - exercise.

Situational stress: a look at the stressors associated with difficulties in balancing home, life pressures and major change.

Strategies for Increasing Effectiveness

Benefits of balancing your stress: a hard look at what you can and cannot change. Developing problem solving strategies; building resilience and effectiveness through practical solutions on a physical, emotional and mental level for yourself and in relation to others.

Resilience and Coping Abilities

Dealing with immediate effects of stress and pressure. How to develop interim coping strategies as part of your overall stress management: techniques such as breathwork, physical relaxation, visualisation.

Making and Sustaining Changes

How to take ideas from the day and implement changes in your life, keep the momentum going and continue to develop your own approach to stress management beyond the workshop.

Special Bonus Session

This course offers you the chance to learn and practise a range of relaxation techniques. Your co-trainer for these sessions is an experienced, qualified yoga teacher. To fully enjoy and benefit from these winding-down sessions, please wear loose fitting, comfortable clothing.



COMMUNICATE

80 GRANGE LOAN EDINBURGH EH9 2EP • tel: 0131 555 2221 • fax: 0131 667 4587

website: www.communicate-consultants.com • e-mail: info@communicate-consultants.com