

Duration 1 ½ Hours

Course Description

A practical, participative workshop designed to focus on simple tips and techniques to enable delegates to recognise and manage signs of stress.

Objectives

By the end of the workshop delegates will be able to:

- Identify personal stressors
- Recognise signs of stress
- Use a range of tools & techniques to combat personal stress

Subject Areas

Recognising stress – cause & effect

Coping Mechanisms

Maintaining Focus

- Circle of influence/circle of concern
- Remaining in the here & now
- Positive inner dialogue

Remaining positive

- Physiology
- Personal Leadership

Relaxation Techniques

- Breathing
- Visualisation