

Beating stress

Overview

We all tend to have challenges throughout our lives that cause varying levels of pressure. It is healthy and essential that people experience such challenges because up to a certain point an increase in pressure improves performance and quality of life.

Who should attend?

This half-day programme is appropriate for anyone who would like to learn how to cope better with stress at work.

Learning objectives

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

- Understand the causes and symptoms of stress and how to spot them
- Become more aware of personal habitual behaviours and approaches that get in the way of dealing with stress productively
- Learn ideas and approaches that help you to cope with the thoughts, emotions and physical feelings that happen in stressful and difficult situations
- Review and evaluate learning and have an action plan to take back and put into practice at work

The expert trainer

Amanda is a highly experienced coach and facilitator specialising in providing leadership coaching, management development programmes and facilitation services to the public, private and voluntary, community and social enterprise (VCSE) sectors. Her work in the public service sector, in particular, has so far extended to facilitation sessions, focus groups, team development, personal effectiveness skills training, customer service training, performance management training, and specialist leadership and management programmes.

Outline

- 1 **Welcome, introductions and objectives**
 - Breaking the ice
- 2 **Stress**
 - Its sources and effects on you
 - Defining stress, its signs and symptoms
- 3 **Exploring your 'default' habits**
 - Their consequences in stressful situations
- 4 **Dealing with perception**
 - Strategies and approaches for coping with stress
- 5 **Setting goals with positive outcomes**
 - Review and evaluation of learning
 - Action planning