



With Stress in Mind

Objectives:

To ensure that the delegates gain an understanding of the nature of stress, how it can vary from one individual to another and its external and internal causes.

To ensure that the delegates are able to recognise the symptoms of stress (both psychological and physiological) in themselves and their colleagues.

To ensure that the delegates have a sound understanding of the human response to change (a major stressor) and which cognitive skills can be employed to minimise the negative and to maximise the positive effects.

To establish an understanding of the nature of 'comfort zones' and which thinking processes can be used to gradually expand them in order that new challenges can be accepted positively.

To impart some practical approaches to handling stress and to minimise its negative effects in line with goal setting in the workplace.

Programme contents:

The human response to change.
Perception failure and selective perception.
Human behaviour and its drivers.
Taking back control of your thinking.
The internal 'truth' construct versus what is expected of us.
Releasing your potential.
The conditioning of fears and failures.
Changing cognitive constructs (beliefs) to reduce stress.
Growing the comfort zone.
Goal setting and targeted activity.
The physical and psychological symptoms of stress.
What are the stressors?
External drivers to stressful behaviours.
Practical stress reduction techniques.
Relax!