

Managing Stress Effectively



A 1-day programme

Who for:

Anyone for whom the demands of work (and/or personal commitments) seem to expand to fill every available moment; individuals juggling the pressures of responsibility and volume of work.

In this programme, you will learn and practise:

- Enhancing personal resilience: MTQ48, a personal questionnaire and “stress-busting” model
- Defining what constitutes “stress”, positive and negative stress, types of stress, and how stress is different for individuals
- Defining your personal potential stress factors and their causes
- Exploring responses to stress: physiological, mental, emotional, behavioural; pinpointing your own early warning signs
- Strategies for avoiding and pre-empting stress, tools, tips and techniques for maintaining peak performance without turning “stretch” into “stress”
- Dealing with stress if it happens; how to manage short-term stressful periods and situations; getting support and building resilience for longer term challenges

