

# Effective Stress Management

## OBJECTIVE

This program is designed to give participants the ability to understand the four levels of stress and how effective stress management can improve their overall performance.

## TARGET CUSTOMER

This programme is designed for all staff.

## LEARNING OUTCOMES

- Participants will understand the metaphorical representation of how the Brain works and why stress is situational, controllable, and internal ... not external.
- How to identify the four levels of stress that we may encounter and when action should be taken.
- Good stress vs bad stress as a motivator.
- Identify empowering support mechanisms.
- Why do goals help beat stress

## WORKSHOP OUTLINE

In Australia, one in three people will take time off work as a direct result of stress. In the USA, stress has now been identified as a diagnosable illness. Research has also determined that over 60% of major illnesses can be stress related. This workshop gives participants some of the fundamental skills that can be used to manage their stress. We also look at information that will not only help them to determine if their stress levels are at a point where they are becoming disabling but how to identify these traits in others. The major focus is to then develop personal skills and strategies to help arrest the development of stress.

## DURATION

Three (3) hours