

PROGRAMME PROPOSAL

A 2-day in-house programme on

STRESS MANAGEMENT: Attitude reflexology

Managing Stress, Building Self-Esteem, and Staying Positive at Work

Course Overview

Stress demotivates and reduces the staff efficiency. This training course is for anyone encountering pressure in the working environment and who would like to feel better equipped to handle it. Learn how to stand up to stress and how to see it as an opportunity for personal growth and development and not a threat.

Objectives

This Stress Management training course is designed to enable delegates to recognize the symptoms of stress and attune themselves to deal with it in a positive manner.

At this program's conclusion, participants should be able to:

- Understand the study of stress and its impact.
- List tactics for successful time management.
- Explain how to prioritize and determine what is really important.
- Demonstrate techniques for interacting with difficult people.
- Employ physical and mental techniques for coping with stress.
- Create reachable goals.
- Begin implementing goals created during the session.

Course Outline

- **Stress Happens: *Determining a Treatment Regime***
 - Causes of stress
 - Stress study
 - Self-diagnostic tool with which participants will pinpoint their biggest stressors: time management issues, communication with coworkers, etc.

- **I Did It to Myself: *Stopping Self Sabotage***
 - Self-sabotaging behaviors
 - Develop new habits

- **Mind Therapy: *Eliminating Stress from the Physical Environment***
 - Stress remover techniques ~ choosing and sitting in the right chair, walking instead of taking the stairs, removing clutter and other distractions, and more.

- **Mind over Matter: *Six Mental Techniques for Handling Stress***
 - Anticipating and avoiding potentially stressful situations
 - avoiding unnecessary stress
 - reducing the importance of an event
 - reducing uncertainty
 - tapping into imagery
 - positive thought, and meditation
 - This segment introduces those methods of coping and encourages participants to try each.

- **Massage Therapy: *Stretch, Twist, Reach***
 - Physical exercises to reduce short-term stress
 - Deep breathing to cable stretches
 - Treatments for instant renewal

- **Nutrition Connection: *Understanding Food and Stress***
 - Poor nutrition leads to stress
 - The importance of a healthy diet for maximum productivity

- **Checking Out: *Prescription for Success***
 - Each participant selecting goals and methods they will use to combat stress and return to work renewed, refreshed, and ready to tackle new tasks.

After this course, participants will understand why stress happened to them and how to reduce it, renew themselves, and take on the challenges of work.

Facilitation Fees

To be discussed with clients