

# Managing Your Stress

Maximum Participants: 16

Duration: One Day

Timings: 09:30 – 16:30



## Suitable for

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All those who wish to take greater control of their stress levels and respond more effectively when under pressure.

## Aim

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To provide an overview of the signs and symptoms of stress. You will distinguish between pressure and stress and how you can choose to take greater control of your work-life balance.

## Learning Outcomes

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By the end of the course, you will be able to:

- Define stress and contrast pressure and stress
- Recognise the sources and symptoms of stress
- List the benefits of a stress-free working environment
- Assess your personal stress levels and what triggers personal stress
- Identify personal ways of thinking that may be unhelpful and re-evaluate them
- Differentiate between reacting and responding to situations and describe the 'fight or flight' response
- Use a range of strategies (including mindfulness) to positively manage stress
- Discuss the organisational implications of stress

You will also leave the course with:

- A sense of achievement
- A toolkit of techniques and practical ideas for releasing your potential
- A Personal Action Plan to take your learning further

## Training Style

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All courses are interactive, using diverse participatory, 'brain-friendly' training methods including: exercises; games/quizzes; handouts and workbook; small/large group discussion; skills practice and trainer input.

All courses are accompanied by a **Welcome Pack** (including some essential pre-course activities to prepare for learning) and a **'Bonus Pack'** after the training with additional tools, and follow-up activities to support transfer of learning to the workplace. (\*email required)

## Other Courses to consider (Visit my website for details of these and other courses)

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- ➔ Assertiveness in the Workplace (2 Days)
- ➔ Dealing with Difficult Behaviour in the Workplace
- ➔ Employment Practice
- ➔ Improving Your Time Management
- ➔ Interpersonal Communication Skills
- ➔ Managing Staff Absence
- ➔ Mental Health Awareness
- ➔ Simply the Best – Building your personal image, self-esteem and confidence (2 Days)

## Mike Phillips Training

Releasing potential through learning and development



*"It was helpful to define stress and explore the theory and then discuss strategies for coping."*

*The section on perspectives was particularly useful."*

## Course Participant

SOVA



## website

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