



Course Outline

Dealing with Stress and Boosting Your Wellbeing

Minimum and Maximum Learners: 6 to 12 Duration: One Day Timings: 10:00 – 16:30

Suitable for

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

Aim

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 life-work balance.

Learning Outcomes

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.
- ☑ **Differentiate** between reacting and responding to situations and describe the 'fright,' 'flight' or 'fight' response to pressure.
- ☑ **Assess** your personal stress levels and what triggers personal stress.

- ✔ **Identify** personal ways of thinking that may be unhelpful and re-evaluate them.
- ✔ **Use** a range of strategies (including mindfulness) to positively manage stress and boost wellbeing.

- ✔ **Discuss** the organisational implications of stress and how to respond effectively.

Benefits of Attending

- ✔ Feel confident and ready to put your learning into practice.
- ✔ Take away a practical toolkit with proven techniques and ideas you can use straight away.
- ✔ Create a Personal Action Plan to apply your learning in your workplace.

Training Style

This course is highly interactive and uses engaging, 'brain-friendly' methods such as exercises, quizzes, group discussions, skills practice, storytelling and practical tools to support real-world application.

You'll receive a **Welcome Pack** with pre-course activities, a **Learner Workbook** during training, an **E-Book** on this topic and a **Bonus Pack** afterwards with extra tools and follow-up activities to help you put learning into practice. (*email required)

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

- ➔ Assertiveness I: Assertiveness in the Workplace
- ➔ Assertiveness II: Assertiveness and Me: Putting it into Action (2 Days)
- ➔ Dealing with Difficult Behaviour and Situations in the Workplace
- ➔ Developing Resilience in an Ever-Changing World
- ➔ Interpersonal Communication Skills
- ➔ Managing Staff Absence
- ➔ Mental Health Awareness
- ➔ Simply the Best – Building Your Personal Image, Self-esteem and Confidence (2 Days)
- ➔ Time Management I: Mindset and Tools for Taking Back Control

