

BUILDING STRESS RESILIENCE

Successful people have just as much stress as everyone else; they just deal with it differently. In this course participants will discover how to build their resilience to stress so that its impact is minimised. They will be guided in techniques to enhance their 'stress hardiness'- the ability to bounce back from challenging situations and setbacks.

This fun and fast-paced course incorporates the latest research from the fields of positive psychology, social psychology, and mindfulness. The emphasis is on work-related stress and on real life situations, giving participants a range of skills that can be used immediately.

KEY TOPICS

- The workplace as a cause of stress
- Quiz: How stress resilient are you?
- Body, Brain, Behaviour: what happens when someone is under stress
- The 4 Cs of stress resilience: Control, Challenge, Commitment, Closeness
- Reframing: a key skill
- Triple A approach: Adjust, Avoid, or Accept?
- Mindfulness and focus
- Multi-tasking or switch-tasking?
- Tips for managing email overload
- Manager's role
- Latest research on techniques for boosting feelings of confidence

APPROACH

This course is practical, no-nonsense, and based on sound research. Participants will be challenged to re-think their approach to stressful situations. They will leave the session with realistic strategies they can implement immediately.

LENGTH: One day.