

Stress Management Workshop

Stop stressing, start living!

An interactive stress management and emotional well being workshop.

Who is it for?

For those who want to manage their stress rather than their stress managing them.

What is it about?

In this workshop, you will learn about what stress is, what it can do to you if it is left unchecked, and how you can manage it more effectively in your life.

This workshop will provide the opportunity to identify the stressors in your life, and examine ways to overcome them. The programme helps you identify where you can make changes and take action towards reducing stress in your life.

Practical exercises throughout will help you make real progress and see immediate results whilst small groups enable individual coaching.

What will I get out of it?

- ▶ Leave feeling motivated and much more in control.
- ▶ Gain the ability to fight feelings of stress and bring some calm into your life.
- ▶ Feel less frustrated and overwhelmed with life generally.
- ▶ Have the opportunity to take a look at your life, the level of stress within it, and make changes for the better.
- ▶ Overcome limiting beliefs and behavioural patterns.

Would you like to attend this program?

- ▶ For maximum effectiveness, this program is best conducted as an in-house program.
- ▶ Ideal group size: 4 - 12 participants.
- ▶ **Venue:** For your convenience, you can choose to conduct this program at your business premises. Alternatively, we can provide a training venue at a small additional cost.
- ▶ **Duration:** This program can be conducted as a one day.
- ▶ **Cost:** Price on request.