

Stress Management

Navigating Workplace Challenges – Half Day Workshop

Pre-requisites

- An understanding of personal stress triggers and willingness to discuss and explore them in a confidential group setting.

Description

In the demanding corporate world, stress is often an unwelcome companion. This half-day workshop is designed to provide professionals with effective tools and strategies to manage and alleviate stress, ensuring they can maintain high levels of productivity and well-being. Participants will engage in interactive activities, discussions, and reflective exercises to better understand their stressors and learn how to counteract them.

Learning Outcomes

At the completion of this course, you should have the skills and knowledge to:

- Recognize the signs and symptoms of stress and understand its impact on professional performance and personal well-being.
- Identify personal and workplace stress triggers.
- Apply techniques and strategies to manage and reduce stress both in and out of the workplace.
- Develop a personal action plan for stress management.
- Understand the importance of self-care and its role in preventing burnout.

Topics

Key topics covered in this course include:

Understanding Stress

- What is Stress? Definition and Overview
- The Biological Response: Fight or Flight
- The Effects of Chronic Stress on Health and Performance

Identifying Stressors

- Personal vs. Workplace Stressors
- The Role of Perception and Reaction

Stress Management Techniques

- Breathing and Relaxation Exercises
- Time Management and Prioritization
- Setting Boundaries in the Workplace

The Power of Mindfulness

- Introduction to Mindfulness and Meditation
- Short Guided Meditation Session

Building Resilience

- Emotional Intelligence and its Role in Stress Management
- Techniques for Boosting Resilience

Creating a Personal Stress Management Plan

- Reflective Exercise
- Setting Goals for a Balanced Work-Life Integration