

Busting the Myth that Stress is Real

Overview

Stress is the physical manifestation of a busy mind, it is not real. The key is managing our busy minds. We spend a great deal of our lives thinking and worrying about what has happened, what is happening and what is going to happen and forget to live in the NOW. We need to be able to recognise those instances where people or situations dominate our actions and create stress in our lives. We need to be assertive, be courageous & stand up for ourselves. We must be able to say NO! It is only then that we can start taking control & reducing stress in our lives.

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Do you regularly deal with stress at work? / Do you battle to relax?

Is your workload always too much? / Do you take work home?

Do irate customers make you want to pull your hair out?

Do you find yourself thinking about work when you are at home more than you should?

When the pressure is on and people don't work at your pace, do you lose your cool and either express it externally, later regretting your actions or do you feel the powerful emotions welling up inside of you?

Do people walk all over you? / Do you find it difficult to say NO?

Do you get angry at yourself for accepting tasks you did not want and could have done without?

Do you sometimes wish you had spoken up but just couldn't do it?

If your answer to 2 or more of these questions is YES, then this workshop is aimed at you.

Course Objectives/Outcomes and Structure

What this workshop covers:

This workshop aims to enable the delegates to understand what stress is, where it comes from and the impact it has on their lives. We will impart tips, tools & techniques for being courageous & standing your ground. We address confidence and how to draw on your internal strength to say NO when you most need to and to stand up for what you believe in whilst accepting and dealing with the consequences. The reason we cannot say NO is because we FEAR various things. These will be addressed & solutions sought to make you a more confident & assertive person.

The workshop enables one to identify their triggers to stress and how to manage them. We will look at the impact of my beliefs, habits and attitude to stress and how to maximize these so that I am able to be more effective in life with less stress. The better I am at managing my mind, the more effective I am at handling my life & dealing with stress. If you want people to respect who you are, you must start with respecting yourself. If you want a to lead an inspired life where you can have what you want whilst effectively dealing with stress, then this workshop is for you!!

Course Duration - 1 day

Course Structure

What is stress?

What are the causes (triggers) of stress?

Understand the types of stress

Psychology vs. Physiology – the impacts

Where is stress in relation to me? (The mind)

The Life Equation (Conditioning vs. choice)

Choice vs. Control

Communication as a tool to reduce stress

Being assertiveness and managing the conflict to reduce stress

Simple everyday tools for calmness and managing stress when required



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