

MANAGING STRESS

Aim:

In this workshop participants will examine the underlying mechanisms of stress, the sources and symptoms of stress, and how to relive stress. Participants discuss stress and anxiety in the context of optimal performance and learn coping strategies such as self- talk, thought- stopping, mental imaginary and role modeling as well as some useful relaxation techniques.

Objektives:

- List the causes and consequences of stress
- Describe several tools used to assist in the management of stress and building of confidence
- Identify how you can decrease pressure on others at work
- Explain at least 2 ways to enhance performance by coping effectively with stress

Related Competencies:

Delivering Results, Personal Impact, Working with Others

Suitable:

All Staff

Duration:

Our **half day (0.5)** workshop provides „holistic“ and practical approach to stress. We strongly focus on harnessing stress as powerful source of creativity, but also how we can improve our performance, increase motivation and work team harmony.

To ensure best learning outcomes and solutions, we offer additional support: 1-1 coaching, Team building events and personal effectiveness courses.



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