

## BUILDING RESILIENCE TO STRESS AMONGST YOUR WORKFORCE

### *Stress Management for all Employees*

Whatever position you hold in an organisation there will be demands placed on you and these will increase and decrease perhaps at an unexpected rate. You will also have responsibilities and be held accountable for these. You have probably experienced the stress of being outside your comfort zone or of having inadequate resources, time, know-how or support. This is all part of having to work for a living!

We all react differently to demands and pressures and indeed seemingly innocuous situations and encounters. How we react can either increase our stress levels beyond healthy limits, or reduce our stress limits closer to the “zone” of motivation, excitement, creativity and peak performance. Building your resilience to stressful situations will increase your capacity to handle pressures and demands effectively. Learning to react to stress more positively can be quick and easy, and you will be excited to apply the tools you learn in all areas of your life and notice improvements in your relationships and peace-of-mind outside work as well.

It is fortunate that the personal tools needed to build resilience to stress are the same tools that will help you progress your career and make work more enjoyable, these include: easier communication, assertiveness, improved decision-making, less conflict and more efficient working practices.

**This two-day workshop** will help you make yourself more resilient to the effects of stress, and not only prevent damage to your health, but positively help your career. It includes:

- External & Internal sources of stress
- Physiological & Psychological responses to pressure and demands
- Psychological response to pressure and demands – stress accelerator!
- Identifying stress in individuals and within teams
- How stressed are you? – Self-assessment
- Objectivity - It's not the situation but what you think about it that matters
- Stress-resistant thinking and attitude – stop being a slave to your mind
- Physical relaxation at work and home
- Effective stress-free communication skills
- Organisational skills to create space and time - relativity
- The link between stress and killer diseases
- Introduction to the Anger Factor – the stress bomb!
- Integrating stress resilience activities into your workday – A Plan

**Your facilitator:** Steve Garrett, a professional psychotherapist, who has over 25 years experience in training, amassed during time as: a navigator in the Royal Air Force; a lobbyist for the European Regional Airline Industry; and as a safety consultant.

**Format:** this two-day workshop is a practical interactive opportunity for attendees to improve their own coping styles and strategies to stressful situations. Busy, informative and insightful, attendees will have enough time to practice the theory and take-away tools that will improve their lives.

**Arrangements:** To discuss your needs and requirements, location and facilities, and to negotiate a price contact **Steve Garrett:**

Tel: 01249 819786 Mob: 0789 403 5050 [steve@aim2.eu](mailto:steve@aim2.eu)