

Managing stress

Half Day



This enjoyable workshop provides practical techniques for managing stress at work and home. The course content is tailored to meet your objectives from the session.

Recognising the symptoms of stress

- The link between stimulation, pressure and productivity
- When does pressure become stress?
- Why is stress so common in a modern workplace?
- What sort of people are 'stress carriers'?
- The common symptoms of stress

Is your job design causing stress?

Research shows that jobs with certain characteristics tend to cause more stress than other jobs. Often the most stressful jobs are not the 'high pressure' senior positions but routine jobs.

- The close relationship between a person's *control* over their job and the level of stress
- How do you get feedback about your work?
- Simple strategies to make your job less prone to causing stress

Exercise: Participants consider the causes of stress in their job and identify viable strategies to reduce the likelihood and impact of stress

Communicating assertively

A lot of stress can be linked to people being passive in situations. Over time this can build pressure on the person who then acts aggressively, then feels guilty.

- What is passive, aggressive and assertive behaviour?
- Why do people behave passively or aggressively?
- What is the simple objective of an assertive person in any situation?
- The classic warning signs that you are behaving passively or aggressively
- A proven way to say 'no' respectfully to bosses, family and colleagues
- A simple 3 step technique for expressing your views clearly and confidently

Exercise: Participants script responses to a series of typically stressful situations at work.



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Staying healthy

- The impact of caffeine, alcohol and other drugs on our stress levels
- Reducing bad habits by changing routines e.g. eating, exercise etc
- Balancing your work and personal life
- Providing effective support to peers who are dealing with stress
- Understanding stress caused by change
- Working through the 4 phases of change
- Video - Amanda Gore provides strategies to reduce stress in this entertaining video

Exercise: Participants set personal and work goals and identify how to improve their general health wellbeing



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