



Practical Stress Workshop



Workshop Overview

Stress Check Training Packages

Practical Stress Awareness

Recognise, Respond, Resolve'

"Practical Stress Workshop" is an introduction to stress, its effects and how to deal with it.

It is a 3 hour workshop which includes explanations, group discussions, exercises and practical work. Each delegate will receive a copy of our book, *Beating Stress™* to be used as a reminder of the course and for the individual to use in their own time to help them cope with stress. *Beating Stress™* has a *Stressdot Card™*, with 10 *Stressdots™* attached.

Practical Stress Workshop

Timings - 3 Hours

Workshop Overview

"Practical Stress Workshop" is an introduction to stress in all areas of our daily lives, how it affects us and how to deal with it. We firmly believe that being aware of what makes us and others stressed is the basis to successful stress management. It is a three hour workshop which includes explanations, group discussions, exercises and practical work.

Aims

To provide a stimulating, interactive workshop with the following learning outcomes

- Improved awareness of stress and its effects on the individual participants
- Encourage delegates to change their daily habits
- Practical techniques to avoid stress build up in everyday situations
- Simple techniques to manage and dissipate stress

Room Layout

The course will normally have 15 delegates (although we can cater for a maximum of 20) and the trainer will ask for the room to be set up with desks in a 'U shape' with each delegate having a glass and bottled water.

The room will require the following:

- Flipchart
- Projector (if appropriate)
- Projector screen (if appropriate)

Each delegate will receive during the course:

Delegates receive a Stressdot Card with Stressdots attached, a workbook including an action plan, a copy of our book, Beating Stress, and a smiley pen.

Workshop Costings

This workshop is designed as an introduction to Stress Awareness; the duration of the workshop allows us to complete two workshops in a working day. The two workshop package is designed for 40 people (2 groups of 20 max) at a cost of £37.50 per person or £1500 (plus VAT) for the day. The 40 delegates will be provided with the delegate pack described above.

1. Introduction

Duration 5 minutes

- Introduction
- Aims & Objectives
- Agenda
- Housekeeping

2. Understanding stress

Duration 40 minutes

- What is stress?
- Types of stress
- The cumulative effect of stress
- Exercise "*How Do I Know I'm Stressed*"
- Using Stressdots

3. Stress and YOU!

Duration 20 minutes

- Stressors in your life and how they affect you
- Exercise "*My Stressors*"
- Vicious circles

4. Avoiding stress impact

Duration 40 minutes

- Transmitters, dumpers and carriers
- Exercise "*Scenario*"
- WASP
- BREAK – 10 minutes
- Simple assertiveness
- The 'three part message'

5. Preventing stress

Duration 20 minutes

- Delegates to identify ways to reduce stress
- Our top 5 ways to prevent stress
- 'Dead air' technique

6. Managing stress

Duration 35 minutes

- Everyday techniques to manage stress
- Our top 5 Stress Beaters
- An introduction to Abdominal Breathing

7. Recap and action planning

Duration 10 minutes

- The stress cycle
- Cause, Control and Cope
- Personal actions, my favourite tips



**For more information about Stress Check Training Ltd
visit our website www.stresschecktraining.com
or call 01904 413560**