

Productive Stress

Help participants understand how they respond to stress and to write an individual plan for improvement.

Participants define their stressors and patterns of behavior through lectures, exercises, group discussions and assessment tools. Participants also create action plans to help them recognize and respond to stress more productively.

Participants will:

- The definitions of “stress” and “stressors”
- How they respond physically, mentally and emotionally to stress
- The cost of stress to the employee as well as the company
- How to recognize personal stressors and their own responses
- Strategies to help them focus on what they can control and to let go of what they can’t
- How negative self-talk can sabotage stress management efforts and ways to change and become more positive
- That perception is half the battle
- The physical warning signals of stress and how to manage them
- What areas of life are vulnerable to stress and how to decrease that vulnerability
- The importance of moving from “victim” to “navigator” thinking
- To learn to use a problem-solving model to develop a plan for improvement
- Various relaxation and visualization exercises to help reduce stress

Participants receive:

- Coaching throughout the session
- Evaluation of strengths/areas for improvement
- A workbook/reference manual

Class Size

Maximum of 16 participants per workshop

Workshop Length

One Day Workshop

Virtual Four Hours