

## OBJECTIVE

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

## STRATEGY

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

### PARTICIPANTS WILL LEARN:

- 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

Each participant will have hands-on opportunities to practice stress reduction and relaxation techniques during the workshop.

### PARTICIPANTS RECEIVE:

- Coaching and guidance throughout the session
- Evaluation of strengths/areas for improvement
- A workbook with guidelines and exercises for future assessment and references.



# STRESS MANAGEMENT

## LENGTH

One-day workshop.

## CLASS SIZE

Maximum class size is 16 participants.

## EXPENSES

The Training Edge, LLC will be reimbursed for all reasonable travel expenses for airline and ground transportation, hotel accommodations, meals, parking, tips and shipping of materials.