

Managing Stress for the Busy Professional

Who is it for?

Recommended for anyone who would like to learn strategies to move beyond feelings of overwhelm and find their inner calm.

Overview:

These six sessions will help you to focus on what you can do to effectively reduce stress and the negative impact of stress in your life.

Aims & Objectives:

This series of workshops aims to give you a variety of tools and techniques to empower you to take back control of your life.

Outline:

Stop the overwhelm in your life

- 💧 Recognising the source of overwhelm in your life
- 💧 Tips to overcome the overwhelm in your life

Finding serenity in chaos

- 💧 Chaos, control and serenity
- 💧 Daily habits to create serenity in your life

Eat the frog and deal with conflict

- 💧 Sources of conflict – internal vs. external
- 💧 Eat the frog and address the source of conflict

Managing your boundaries

- 💧 Identify what breaches your personal boundaries
- 💧 How to create robust personal boundaries

Building cognitive flexibility

- 💧 Common thinking traps
- 💧 How to increase cognitive flexibility

The power of positive thinking

- 💧 The benefits of thinking positively (and why it takes practice)
- 💧 Positive thinking hacks

Format:

The workshops are delivered online, each session will start with a grounding exercise to ensure we are fully focused on getting the best from the learning opportunity. This is followed by an introduction to a specific tool or tools to manage stress effectively.

You will be encouraged to apply the learning to your life situation in reflective and interactive exercises before committing to implementing the tools into your daily life.