

Stress & Resilience

Overview

Emotions and stress have a physical effect that can impact an individual's ability to work. Not dealing with these emotions can exacerbate problems further. We know that there are times workplaces can become extremely stressful, so this course has been designed to help minimise the impacts stress can have.

Participants will learn how to manage their emotions and stress to maintain positive work relationships. You will walk away with a stronger sense of self & understanding of workplace triggers, to bring you into a more empowered resilient state of mind. The workshop will help you create a 'base level' of your emotions & strategies for managing your emotions & how it links to stress.

Course content

- Understand the science behind the Triune Brain Theory and how it impacts our day to day life.
- Discover how to learn from emotions, anxiety, stress and use them.
- Understand the 'rules' we have around emotions and the meaning we attach to our experience.
- Harness negative emotions & use them as a signal to change our behaviour.
- Understand self-talk & words that move us forward or pull us down.

Who's it for

This course will benefit all staff with a variety of skill levels and backgrounds who wish to improve their stress management by understanding their emotions as well as their team's stress and emotions.

Options

Time: 2 hours to a full day
Delivery: Easily tailored to suit (In-house workshop, webinar, group delivery or individual coaching)



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