

Recognising & Managing Stress

2 day, 1 day or ½ day in-house programme

Develop skills and techniques to manage stress more effectively both for yourself and others, focusing on changing thoughts and beliefs and positive thinking.

Overview of course content

- Understand what stress is, its causes and effects.
- Taking action on stress by challenging irrational and limiting beliefs.
- Identify the symptoms and signs of stress, evaluating your stress levels and embracing change.
- Recognise the way in which people respond to varying circumstances, situations and stimuli.
- Strategies for managing stress and neural reconditioning.
- Using health, exercise and relaxation to control stress.

In addition the two day course provides a deeper level of understanding and experience of some really practical tools that are transferable to home and work situations.

“ Stress makes us behave inappropriately. Handling it is a key management competency. ”

A brief history...

Most jobs will have some pressure, this is what challenges you and gives you the stimulation to achieve job satisfaction; this sort of pressure is healthy. If this pressure is excessive and you feel inadequate or unable to cope, then it becomes 'stress'.

Stress has a detrimental effect on our performance; it makes us behave inappropriately. In order to cope well at work we need to know how to respond well to these difficult situations. This workshop will enable you to recognise the symptoms and sources of stress and learn how to respond appropriately.

Key benefits

Understand stress and recognise the symptoms in yourself and others.

Have the awareness, knowledge and strategies to deal with stress more effectively.

Look at the impact of change and how, by a shift in mind set, results can be hugely affected.

Create a personal vision and compelling goals to build personal success.

Understand how what we eat and how we relax impacts on levels of stress.



Duration and format

Two day, one day or half day in-house course that can be tailored to specific needs. A 90 minute 'FIT' session is also available.

Who is this course for?

Those responsible for teams and who are looking to develop techniques to manage stress effectively.

Managers working in a high pressure environment looking to prevent stress becoming an issue.

Individuals where stress is affecting their performance and their personality.

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How we do it?

The one day course is focused on an awareness, rather than a deep understanding, of what stress is, how it affects you and others, and ways in which you can lessen its negative impact.

Defining stress

- What it is and why it happens - good versus bad stress.

Limiting and positive beliefs

- Rational and irrational thoughts, positive and limiting beliefs, and powerful action.

Cause and effect

- Put yourself at the cause.

Recognising the signs

- Symptoms and signs of stress.
- Evaluating your stress levels.
- Recognise the way in which people respond to varying circumstances, situations and stimulus.

Strategies for managing stress

- Thinking strategies, positive thinking.
- Reframing Negative beliefs.

Neural reconditioning

- Develop a Vision.
- Affirmations.
- Clear Goals.
- Practise.

Health, Exercise and Relaxation

- You are what you eat, hydration, physical exercise and brain fitness activities.

In addition, the two day in-house course provides a greater opportunity to explore the causes of stress and how to mitigate them. There is also an opportunity to look at additional helpful attitudes and approaches, including:

Embracing change

- Identifying the stress factors and making realistic changes.

Assertive behaviour

- Recognise the behaviours, assertion versus aggression.

Self Management

- Planning and organising, know your limits.
- Prioritise and organise yourself and others.

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Additional course detail

Continue and refresh your learning even after the course...

...all attendees on this course receive FREE access to the exclusive 'Stress Management' post course learning area of the Illumine website.

Related Courses

Employee Engagement	Creating and sustaining Passion in our workplace.
Time Management	Avoid stress with practical strategies to manage time effectively.
Speed Reading, Memory & Mapping	Get more done and avoid overload through Mind Mapping, speed reading and memory techniques.

How can I take this programme?

In-house courses - suitable for organisations that want to develop teams or groups of individuals from across the organisation. Programmes can be geared towards your organisation or industry sector with relevant activities, examples and case studies. Discuss your needs with an account manager on +44(0)1753 866633 or email inhouse@illumine.co.uk.

Continuous Development

CPD recognition is awarded on both public workshops and in-house courses, being dependent on the number of hours spent learning. On request Illumine will provide a certificate of attendance for you to use as evidence and attach to your record card.

About Illumine

Illumine Training provides management and personal skills development, focused on developing *better brains for better business*.

The range of courses and workshops is split into six business critical areas and are delivered through:

Public Workshops - 1 and 2 day workshops.

In-house Courses - Specifically for teams or groups from within an organisation, tailoring as necessary.

FIT Sessions - In-house bite-size (90 minute) learning sessions designed by Illumine to maximise learning in the minimum time possible.

Other Options - E-learning, Facilitation, Coaching, Away-days and Speakers.



Management & Personal Skills Development

Learn, Absorb & Understand

Write, Speak & Influence

Creative Thinking & Innovation

Meetings, Facilitation & Coaching

Engagement & Personal Balance

Management & Leadership Essentials

