

Identify and cope with the
root causes of stress



Managing Stress Workshop Description

Overview

Stress is caused not by what happens to us in life, but by how we think about and react to those events. *Managing Stress* helps people deal not only with stress symptoms, but helps them identify and deal with the root causes of stress. Based on solid research and practical application, this workshop deals with the root causes of stress--our own thinking patterns--and what we can do about them. It also deals with ways to cope with our stress. *Managing Stress* is appropriate for employees dealing with change, difficult people, personal or job-related stress, or people interested in learning more about themselves. *Managing Stress* is based on the notion that you don't have to be sick to get better.

Objectives

Upon completion of this workshop participants will be able to:

- Understand the nature of stress, its causes and symptoms.
- Complete a stress profile of their own specific thinking styles determining which contribute to distress and which contribute to wellness.
- Strategically reframe counter-productive thinking.
- Identify personal stressors and reframe situations.
- Utilize tools and action plans to deal with personal stressors.

Learning Methods and Delivery

Managing Stress utilizes the latest in adult learning methodology including, a *Stress Processing* Report profile, Self-Development Guide workbook, assessment tools, a personal action plan, as well as case studies.

Managing Stress can be delivered by our facilitators or certified client facilitators.

Target Audience

All employees

Learning Time

3 hours

Class Size

Typical class size 12 to 20



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