

What is it?

An insightful and thought-provoking one day workshop which focuses on transforming how people perceive, experience and respond to stress in both themselves and others.

A blend of theory and practice, this course demystifies stress and introduces practical tools and techniques to understand, manage and prevent stress.

Who is it for?

Those who want to understand more about what stress is, the causes and what can be done about it, at work and / or at home.

Content covered

- What is stress?
- Why different people react to different triggers in different ways
- What are my triggers? How do I currently manage my own stress?
- What could I do differently?
- And what about those around me?

How is it delivered?

With your organisation:

- One day course for up to 20 participants

With individuals:

- One day public courses available – check out our website for dates and locations
- Individual one to one sessions by private arrangement

