

Going from stress to strength

Building resilience in times of change and uncertainty.



Change can be stressful at the best of times. The need to understand and manage the impact of change is a critical skill in the modern-day work environment. Most psychologists agree on one fact: that prolonged periods of stress or continued change in the workplace, will result in burnout, fatigue, job dissatisfaction, depression and ultimately create retention risk to employers.

Pressure is normal, and in fact, can be a motivating part of working life when managed correctly. If this pressure passes a certain threshold however, there is a real risk of experiencing some of the above negative conditions. The good news is, that it's preventable and when you discover the key strategies to managing your resilience levels, you can reduce your work stress dramatically.

'Going From Stress to Strength' is designed to help you discover the key strategies needed to manage stress in work and in life. It is designed with a holistic focus and helps you to identify the possible triggers in your work and personal life, as well as assisting you in creating a practical plan to develop resilience. This workshop uses proven methodology and practical activities to bring empowerment and strategy to create a positive emotional state.

Designed for?

- » Going From Stress to Strength is applicable to anyone who is looking for ways to reduce stress and increase their daily performance.
- » It is aimed at all levels of organisation and is relevant to senior and middle management, as well as those looking for new and fresh ideas to build better resilience levels.
- » This is also applicable for those needing selfmanagement strategies in times of organisational change.
- » An ideal group size is 6 – 15 participants.

Key learning outcomes

- » Critique individual resilience levels. Scan resilience levels in the workplace.
- » Calibrate a resilience state. Sail through daily tasks rather than a crisis management approach.
- » Anticipate struggle points and influence positive outcomes.
- » Balance work and life.
- » Scan activities to build resilience levels.
- » Identify and label common stressors. Differentiate between positive and negative stressors.
- » Stay motivated and think with the end in mind.
- » Manage how you react to events.
- » Surrender to the events you have no control over.
- » Recognise the telltale signs when resilience levels are dropping.
- » Assemble a career plan and measure your progress.
- » Critique the usefulness of an exercise and health plan.
- » Recognise the discomfort in other people.



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