

Managing stress and building resilience

Learn simple and easily applied techniques to become more resilient

Presentation Objectives

- Learn where stress comes from and what it does to our body as well as some simple tried and tested techniques to achieving a more calm existence.
- Learn how to stay calm and in control when faced with challenging times and with difficult people.
- Be able to identify, manage and recover more quickly from challenges and adversity by learning 10 simple ways to help you become more resilient in the future.
- These skills will allow participants to better manage difficult situations and people by being able to control their own and other people's emotions.

Customisation

StressLess Learning works in partnership with clients to customise and refine all presentation content and duration to suit both organisational goals and individual participant requirements.

All presentation outlines are therefore to be used as a guide only.

Duration

1.5 hour presentation

Target Audience

Everyone.

Presentation theme

While we may not be able to choose what happens to us, we can with practice, build resilience by choosing our behaviours and attitudes and the way we react and adapt to circumstances.

Everyone can suffer life's daily grind. Challenges faced at work and at home can lead to feelings of stress, tension and anxiety.