

## STRESS MANAGEMENT ONE DAY WORKSHOP

### OUTCOME:

Through a participatory interactive educational workshop, individuals will develop skills and knowledge in stress management to empower both themselves and others.

### CONTENT:

- Differentiate between Pressure and Stress
- The Biology/Science of Stress and the consequences
- Recognise signs and symptoms of stress in self and others – *physical, social and emotional aspects*
- Increase understanding of behaviour change for a more positive outcome
- Develop and/or enhance methods of communication – *listening, 'power words' 'what you see isn't always what you get', body language and the power of appreciation*
- Be aware of healthy eating and physical activity options to suit all – *doesn't have to involve the gym and lycra!*
- Develop strategies to manage both personal and work time – *how to prevent the wheels coming off by becoming more organised in a stress-free manner*
- My Networks – *sources of help*

Principal Trainer Beth Gibb of **Beth Gibb Associates** (BGA) has a health background and is a member of ISMA – The International Stress Management Association which ensures her expertise in the topic of stress.

This workshop uses a variety of mediums, ie group activities/discussions, activity sheets, DVD clips, powerpoint etc, to enhance learning and each attendee receives a workbook for use during the day and to reinforce learning after the event.

**For further information contact Beth:**

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