

Managing Stress and Resilience Training Program

Summary

This can be a half or full day workshop. All participants in this fun and interactive workshop will be given an opportunity to learn the theoretical frameworks and practical, principles skills and strategies necessary for effective conflict management. Throughout the workshop each principal skill and strategy will be demonstrated to the participants. Participants will then be asked to discuss the information provided to demonstrate they hold a strong understanding of stress management and resilience development. Examples and case studies will be utilised as to further strengthen each participant's understanding of these two vital subjects. The facilitator will encourage discussion and require participants to demonstrate their understanding of stress management and resilience development in low, through medium and high-pressure situations. Participants will be shown the science behind stress management and resilience development, so they can readily understand how to manage their stresses and improve their resilience even in the most difficult circumstances. Participants will be able to recognise and address of stress. They will be able to explain the impact of stress on health. Finally they will be able to demonstrate a range of stress management and resilience development skills and strategies so they can remain proposed no matter how complex or difficult circumstances.

Science

Our programs are based on scientific research into the full range of human psychology including Neuroscience, Social Science, Relationship Psychology, Behavioural Science and Organizational Psychology In this particular case we will be looking the neuroscience and social science behind stress management and resilience development. We will also be examining the examine the science behind personal effectiveness and how to decrease stress and increase resilience improves personal self-management strategies.

Details

What participants will learn:

Participants will learn the most relevant practical frameworks, principles, skills and strategies of stress management and resilience development in the work place. They will be provided with an understanding of the science particularly the neuroscience, behavioural, relationship psychology, and social science behind high level stress management and resilience development. Participants will learn how to identify understand and overcome stress, improve resilience under stress, and demonstrate a range of skills and strategies for stress reduction and resilience development.

Frameworks

- Awareness of stress and recognising its effect on their thinking mood, and composure.
- The stress identification and elimination framework
- The steps for managing stress even in difficult circumstances

WellBeing GROW

- The range of stress reduction and resilience development skills from mindfulness right through to personal psychological reframing.
- Strategies for reducing stress
- Strategies for developing resilience

Principles

- What stress is and how to overcome it
- What resilience is and how to develop
- The key strategies for stress reduction
- The key strategies for resilience development
- Combative Versus Complementary conflict resolution principles
- The importance of identifying root causes of stress
- The importance for identifying the drivers of stress and the developers of resilience

Skills

- Mindfulness
- Reframing
- Rationalising workloads
- Eliminating stress factors
- Problem solving
- Acceptance
- Adaptation
- Self-care

Strategies

- Daily mindfulness practice
- How to reframe problem situations to reduce stress and increase resilience
- How to prioritise
- How to innovate to reduce stress
- How to develop mental and emotional resilience, toughness and composure
- Socratic questioning to reduce stress, anxiety and overwhelm

Practical examples

We work through cases and examples with participants to give them a strong understanding stress management and resilience development.

Demonstration of understanding and skills

All skills will be demonstrated by the facilitator in order to give participants an accurate and effective understanding all each principal skill and strategy to the participants.

Duration: 4 or 8 hours

Where: At the client's location

How:

Format

- Informal Lecture or round table open group discussion format.
- Use of Video, White Board, Question and Answer Quizzes
- Experiential Learning
- Examples and Case Studies

Exercises

All participants will be given the opportunity to observe each aspect of the subject matter demonstrated by the facilitator. Participants will be asked to explain their understanding of the subject. They will also be asked to demonstrate through role-play their newly acquired skills. Finally their learning experience will be supported by quizzes and question & answer worksheets.

Feel

- Fun informal and interactive
- Experiential Learning

Materials

- Work Sheets
- Work Books
- Questionnaires
- Quizzes
- Surveys