



# Stress & Resilience Workshop Agenda (2hrs)

- 5 mins **Aims**
- 10 mins **Understanding Resilience** – Exercise 1
- 10 mins **Introduction to Stress** – Exercise 2
- 10 mins **Completion of Stress Test** – Exercise 3
- 5 mins **Signs of Stress around the Wheel**
- 20 mins **Yerkes–Dodson Human Performance Curve**
- 10 mins **BREAK**
- 5 mins **Reviewing stress for different colour combinations** –  
Exercise 4
- 20 mins **Coaching back to High Performance** – Exercise 5  
**Handling Setbacks**  
**Flexing to build resilience**
- 15 mins **Stress as a team**
- 10 mins **Final Reflection**