



Stress & Resilience Workshop Overview

Who is this workshop for?

This workshop is for those who want to manage their personal stress better and learn how their behavioural preferences can help to build resilience. It is also for those who would like to understand their teammates better. How they respond under stress is likely to be different from how you do. It's useful to learn how we can best help one another.

What are the benefits of this workshop?

Your team will:

- ✓ Learn personal, practical solutions to reduce and manage stress
- ✓ Build personal strategies for restoring and maintaining high performance.
- ✓ Gain a clearer understanding of how to get the best out of others in the team.
- ✓ Deal with setbacks more effectively
- ✓ Gain confidence in harnessing resilient strengths to recover and build.
- ✓ Discover ways to support each other better when under pressure

Additional workshop options

- Communication and Conflict
- Change Management
- Team Cohesion
- Leadership Development
- Sales and Influencing