Wisdom in the Workplace
Stress Management and Cultivating Emotional Balance

Overview
The overall aim of this workshop is to teach participants how to maintain calm and better manage stress. The workshop will introduce simple techniques and mental strategies that can be applied readily at work and at home.

Participants will also learn about emotional awareness, impulse control, knowledge of the brain to enhance human potential and ability to overcome challenges.

Who should attend
All staff members.

Content
The workshop will include:

- Video scenario’s on emotional resilience and stress management for discussion and guidance.
- Practical techniques to consider when faced with emotional challenges and stressful challenges.
- Review of the Magical 2.9 Model.
- Impacts of change on our emotional wellbeing.
- Amygdala Hijacks to combat impulsive behavior.
- Content rooted in cutting edge scientific research.
- An exploration of the science of stress.
- Individual action planning.
- Physical and physiological self-care.
- Stress & Wellbeing- definitions and models.

Objectives
At the conclusion of the workshop participants will be able to:

- Define ‘stress’ and describe a contemporary model of stress.
- Consider their Pressure/Performance balance and employ actions to improve.
- Identify the common sources of stress.
- Practice stress reduction techniques in breath work, progressive relaxation and meditation.
- Understand the importance of the brain in relation to cultivating emotional intelligence.
- Identify their own emotional response to stress.
- Develop a keen sense of emotional awareness and its benefits on both physical and psychological health.
- Identify some strategies and tips to manage their impulse control.
- Apply helpful tips to help manage their mood and overcome challenges in the workplace and in their personal life.

Process
The workshop combines theoretical framework and practical content to enhance participants learning and outcomes. It is designed around active learning principles and includes group discussions, video scenarios, case studies and practical exercises.

2-4 hour workshop or a full day workshop is available