

Managing Stress in the Workplace

- 1 day program

Stress can have serious consequences on one's health and wellbeing.

Stress can be evident in a person's private life and a factor in the workplace, affecting the individual and their colleagues. With this in mind, stress is a hazard to be identified, assessed and controlled as with other hazards of the workplace.

In order to effectively deal with stress in the workplace, it is important to recognise and understand the potential factors which may contribute to the stress levels of employees and offer effective proven solutions.

Your thoughts are a very powerful force that can be harnessed and used to your benefit in a positive and constructive manner. Understanding and improving upon your current way of thinking, speaking and writing can have a tremendous impact on your performance and productivity.

Learn practical skills to help you understand and build stress resilience along with constructive methods to implement positive and uplifting thought processes to enhance your energy and vitality during your daily activities.

Program content:

- What is personal and occupational stress?
- How positive and negative stress effects your performance
- Identify personal and occupational stressors
- 4 Mindforce Techniques
 - Tension breaker
 - Productive breathing
 - Flexibility
 - Body Balancing
- 6 Principles of Self Awareness
 - Self talk
 - Constructive visualisation
 - Affirming positive outcomes
 - Solution focused thinking
 - Creative visualisation
 - Goal setting



Peter Cullen - Peter has 31 years experience with international corporations, which included frontline Customer Service, Sales, Advertising, Marketing and Management. Peter then followed his passion for developing and training innovative corporate wellbeing programs which build resilience to stress and performance under pressure.

His real life experiences are reflected in his outstanding ability to communicate clearly and professionally to all levels of the corporate environment in a genuine and practical manner. He is passionate about his training, which is delivered in an open, interactive way that engages and supports all participants in a positive and productive manner.

On completion of this program, you will have:

- Knowledge of your personal levels of stress and stressors
- 4 Techniques to build stress resilience, energy and vitality
- 6 Principles to develop positive and productive thinking
- The skills to enhance your creativity and performance with a positive and productive approach to work and life
- The ability to maintain calm alertness - Physically calm while mentally alert.



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