

Simple Strategies for Stress Course Outline

Duration: 3 Hours

Course Description

Feeling overworked, overwhelmed or stressed?

This workshop will give people better insight into the negative effects of stress and pressure on their work, health and relationships in general. Attendees will also be equipped with effective and practical stress management strategies to improve their productivity and overall wellbeing.

Delegates will need to complete a short online sensory assessment prior to attending the course. The individual sensory profiling (valued at £40) is included in the course fee.

This session is interactive and the results and interpretations of the assessment will be covered on the day, providing delegates with specific strategies, based on their unique sensory thresholds, to take back to the workplace to reduce stress and improve their wellbeing and productivity.

Who should attend?

Everyone! People who feel overwhelmed or stressed and are under pressure to meet deadlines and targets, or who want to find a better work-life balance.

What will it cover?

- IQ, EQ and Sensory Intelligence™ – understand the neuroscience of the senses, the work environment and stress
- The Sensory Matrix™ – a personal blueprint to identify sensory distractions and the drivers impacting on energy and stress
- The Sensory Tree™ – a user-friendly analogy to plot your brain stressors and brain calmers
- Sensory overload, stress and shutdown – understand how and why the brain responds
- Hijacking of the thinking brain - the influence of stress on cortical thinking and doing
- Practical tips and tools to de-stress
- Strategies to be more resilient, focused and calm