

## Bulletproof People - Stress Management



**FOCUS:** Well managed stress can be a catalyst for sustained performance. Mismanaged stress can have disastrous impacts on mental, physical and emotional wellbeing in both individuals and teams.

**LENGTH:** 3 options

- 30 min Lunch & Learn or Toolbox
- 60 min Keynote or Seminar
- 2 hr, 4 hr, or 6 hr Workshops (customised to the client's needs).

**GROUP SIZE:** Various

**METHOD:**  Personal reflection  Pairs collaboration  Group think & action

### AWARENESS

1. Good stress vs bad stress and the impacts on work/home.
2. Impacts on physical and mental health.
3. Stress & the brain.

### IDENTIFY

1. In and out of control.
2. Warning signs and what should be done about them.
3. Building peace during high pressure periods.

### FUTURE

1. Communicating "I need help" regarding stress.
2. Confidence to deliver difficult conversations.
3. Setting teams expectations around stressful periods.

### TRANSFORM

1. Ten stress busters to build resilience.
2. Three things I will do to invest in me.
3. Building a support structure.