

Partnering with Stress

2 Day Stress Management Workshop

“The Power to Overcome during Challenging and Changing Times”

Suitable for

Managers, directors, senior and middle management, executives and business owners who recognize stress as a challenge and potential resource on the individual and organizational level.

Course Description

"I truly believe that we all know how to manage our stress; we just don't have the time to do it."

"When I was studying engineering my goal was to improve the world for everyone. Now I'm the boss of a big department, and my goal is to get through that stack of papers by 5 PM. What happened?"

"Stress motivates me, gets me to do things and push myself at the workplace, but I'm often tired everywhere else. Why?"

These are some of the conclusions created before, during and after the course, as the focus was on understanding the term stress and how to make it our partner. The partnership is not always easy as stress in different forms can pull us out of balance, though the overarching direction and desired destination can often repay our efforts as creativity is unleashed, lessons are learned and inspiration is experienced alone and among the team members doing the creative implementation.

This 2 day seminar allows you to take a look at stress as the '*elephant in the room*' that some consider an embarrassment and others a bother. Yet, it's a part of us with a purpose, and, as it is understood from physical, mental, social and creative-potential perspectives, it can be the force that brings us 'out of the box' in our thinking, and allows us to bring the spirit of reinvention and innovation back with us, whether it's time to reinvent and innovate or just to tweak that sweet spot, to make magical change.

SIEGER TRAINING CONSULTANTS (P) LIMITED

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Course Objectives

During and after this seminar you will experience, learn and gain:

- An understanding of the term stress in its negative (hindering) and positive (inspiring) forms as a basis for achieving harmony and balance, while moving toward desired values, visions and goals.
- Perspectives on the 'mind-body' dialogue and how symptoms and signals can give you valuable insights for organizing and strategizing visions and goals.
- Effective stress-management models and techniques such as 'Stress-Scan', that enables you to identify and differentiate between your own stress and the stress signals around you, and evaluate those you can avoid, manage and utilize.
- Practical models of workflow management, helping you to rescue 'to- do's' from chaos, in order to process them on your own terms.
- Improved interpersonal communication skills that optimize motivation and create learning experiences for meeting obstructions

Course Content

DEFINING AND UNDERSTANDING STRESS

- Neutral, positive and negative stress
- Your personal stress
 - The Body
 - Posture, mood and mental state
 - Body scan: determining and prioritizing stress signals
 - Mind connection
 - The Brain, mental management techniques
 - Mental Scan: determining and prioritizing stress issues
 - Relaxation- autogenic training, self-hypnoses
 - Partnering with 'self-talk'
 - 'Left-brain Organization'- Emptying your mind into your workflow management system.
 - Task categories
 - Prioritizing
 - Managing time

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THE ORGANIZATION

- Synergy and creativity: Reducing distress in yourself and others, when interacting and communicating
 - Unleashing 'eustress', enthusiasm and creativity
 - Reinventing perceptions
 - Managing assumptions
 - Exploring beliefs
 - Connecting Visions, Values and goals
 - Communicating and strategizing ideas with others
 - From criticism to 'motivational tweaking'
 - Giving permission to say 'No', to reduce stress and inspire inspirational 'Yes's'
 - Partnering with stress-management strengths

PRE-EMPTING DIFFICULTIES: INTEGRATING THE ABOVE MODELS AND TECHNIQUES

- Values-based assessment and communication
- Reducing negative stress and unleashing and 'legalizing' the Wow' factor

Methodology

Interactive presentation of concepts and techniques with interwoven demonstrations and hands-on implementation, directed toward future re-teaching and coaching.

The training style is facilitative supplemented with relevant media and follow-up models are encouraged in an effort to fine-tune, tweak and navigate change.

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Other Details:

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