

STRESS AND RESILIENCE WORKSHOP

DURATION

60 – 120 minutes depending
on content

REQUIREMENTS

Screen (either TV or
Projector)

GUEST NOS.

10 or more



A 1 – 2 hour workshop on building resilience and pro-actively preventing and managing stress, that ensures you have the most effective workforce, with less loss days due to sickness and a more focussed approach to work

The workshop is highly interactive, with attendees learning Mindfulness and NLP techniques and more which they can use at work and at home. Also, all attendees take home with them comprehensive notes and are provided with audio tracks of some of the exercise (as well as a special 1 hour long hypnotherapy stress track) so they can practice whenever they feel the need.

Example content includes:

- Exploring the causes of stress
- Building Resilience
- Reframing (cause versus effect)
- The three lenses (three different ways of looking at stressful situations)
- Tips to avoid feeling overwhelmed and more
- **Interactive Exercises**
- Acting Mindfully
- Body scan
- Heartmath exercise
- Breathing exercise

" The workshop was really informative, and we had excellent feedback from employees about the impact this had on them individually and the resources shared after the event have been used by participants to enable them to continue with the tricks and tools discussed as part of the session. Thank you." **Becks Williams (Vanderlande)**