

Personal Effectiveness	
Session Code	PE09
Session Title	Handling Stress
Topics Covered	Reduce stress <i>and</i> operate with heightened awareness, vitality and enthusiasm
Delivery	Half Day (4 Hours) - tutor led f2f or online sessions
Minimum - Maximum Number of Delegates	1-10
Who will benefit?	Employees at all levels

<p>Content</p> <ul style="list-style-type: none"> ▪ Understanding stress and its causes ▪ Different stress and behavioural patterns ▪ Good and bad stress ▪ Managing stress levels S ▪ Handling Stress with a positive mindset ▪ Relaxation techniques 	<p>Benefits</p> <ul style="list-style-type: none"> ▪ Identify and reduce stress in themselves and others ▪ Change the way they think about stress ▪ Take charge of their state of mind ▪ Maximise performance and motivation at work ▪ Improve health and happiness
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