

## Overview

Much of today's stress and ineffectiveness comes about because people do not feel in control of the sequence of events in their lives.

The better they respond to these events, the better they will feel, the more energy they will have and the more they will get done.

This course will help attendees understand how the mind and body can be used to gain control and create a positive effect on all areas of their life.

### Attendees Will Learn:

- The difference between healthy and unhealthy types of stress.
- How to use their mind and body as an aid to improving their performance and well-being.
- Practical approaches and techniques to taking control and minimising stress.

## Content

### Stress – What is it?

- Stress at Work
- Causes of Stress
- Human Performance and Stress

### How We Respond to Events

- Event + Response = Outcome
- Your Personal State
- What Pushes your Buttons?

### Dealing With Stress

- Using Emotional Intelligence
- Weakening Beliefs & Empowering Beliefs
- Physiology Adjustments
- Relaxation Techniques

### Taking Control

- Planning
- S.M.A.R.T Goal Setting
- Using a Project Approach
- Making Decisions
- Developing Positive Emotions

Duration	1 Day
Fee	£Stg 350 € 510
Dates & Location	beckinridge.com/schedule
On-Site Courses	Contact us to have this course delivered on-site or tailored to your needs