



4D Training

Wellness Lunch & Learn - one hour sessions

Stress Management (1 hour)

This presentation teaches attendees how to manage their stress levels more effectively, by addressing the major causes of stress at work and applying proven de-stress techniques.

- What exactly is stress and is it the same as pressure?
- Turning dis-stress into eu-stress – a positive, energising force
- Working styles - types A and B - the problems, the potential stresses and the remedies for both
- Understanding behaviour - what makes everyone uniquely different and how to get along with someone who is very different to yourself.
- Dealing with difficult people positively and assertively
- Using the assertive sentence to achieve mutually beneficial outcomes
- 'Anchors' – how to access a 'calm and in control' feeling at any time
- Other 'state control' techniques: breathing, visualising, music and the 'right' kind of inner dialogue
- Balance - ensuring that no one area of life/work dominates the others