

Open Course

Coping under Pressure

Duration:

1 day

Target Audience:

Suitable for all levels. Most useful for those who need to understand the principles of stress prevention and management.

Objectives:

At the end of this course participants will be able to:

- Identify (potential) personal stress triggers
- Identify (potential) stress triggers outside their control, and learn to let go
- Improve confidence that they can influence or change things
- Plan how they are going to overcome, minimise or improve their levels of stress

Methods:

Pre-course work, course leader input, group discussion, self assessment, individual and group exercises.

Course Content:

Welcome and introductions

Course objectives and content

Setting the ground rules

When does "pressure" become "stress"?

- What is stress, and how is it caused?
- The effects of stress on you, your body and your performance

Are you over- or under-stressed?

- Identifying short term and long term stressors
- Identifying Personal Stress Triggers
- Recognising your predisposition to stress, and your resilience

Coping with pressure and managing stress

- 3 golden rules
- What's the worst that can happen?
- Taking control through assertiveness and workload management
- A look at your self esteem and how to use positive thinking
- Recognising the factors outside your control
- Look after your colleagues and yourself
- Relax!

Action session

- Getting the balance right
- What do I do now?

Summary and close