

1 DAY

RESILIENCE & STRESS MANAGEMENT



PERSONAL DEVELOPMENT COURSE

LEARNING OUTCOMES

- Define stress and resilience and identify how they impact you.
- Understand where stress comes from and how to manage it.
- Learn about the different types of stress, which ones are good for us, and which ones are not.
- Develop ways to manage stress and cope better.
- Begin to build your resilience through a variety of strategies.
- Use control mechanisms to increase personal effectiveness and build resilience to manage stress.
- Build a personal resilience plan that you can apply to almost any situation.

CORE COMPETENCIES

- Action Orientated
- Composure
- Drive for Results
- Priority Setting

COURSE OVERVIEW

There are many stressors in this modern world that can lead to low levels of resilience. If you don't learn how to cope with your stressors, this can impact your wellbeing and focus at work. This course will provide you with practical tools and techniques to help you identify your stressors and build your resilience.

TOPICS COVERED IN THIS COURSE

What is stress and what is resilience?

Understand the definitions of resilience and stress and reflect on the way you think about stress.

Causes of stress

According to the latest findings, Australians are reporting lower levels of wellbeing and higher levels of stress. By examining the common causes, you can begin to identify your individual stressors and develop strategies to minimise and cope with them.

The effects of social media on stress and resilience

Understand how fear of missing out (FoMO) may be affecting your stress levels.

Not all stress is bad

Remember, not all types of stress are bad for you. In fact, some stress can be good for you.

Life outlook and coping with events

You may not have control of the event, but you have control of yourself.

Techniques for maintaining focus

Use the FOCUS acronym techniques to regain control and overcome procrastination in a variety of situations.

Mental readiness

Identify what you need to do to make sure your mind is prepared and ready to do a task.

Seven traits of resilient people

There are varying degrees of resilience within and between people, but practising these traits will put you on your way to being more resilient.

Responding to and managing stress better

Understand how you respond to stress and the coping resources you can implement to feel calm and in control.

Dealing with stressful situations

Use the four As to change the situation or change your reaction – avoid the stressor, adapt to the stressor, alter the stressor and accept the stressor.

Positive self-talk and imagery

Identifying any negative thought processes and reframing them into positive self-talk can go a long way to helping build your resilience.

Build your personal resilience plan

Build a personal resilience plan to take away with you that identifies your strengths and uses them to help you improve in other areas.

Practical, relevant training developed for the Australian workplace.

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