

Building Stress Resilient Managers module

Overview

This module will provide the knowledge and personal tools to empower managers to build stress resilience, and learn how to navigate Stressful situations to minimize distress and improve positive outcomes by:

- Learning to recognize stress and its mental and physical causes,
- Understand the role of our own thinking and mind patterns that create stress,
- How to prevent burnout by addressing diet, nutrition, improving sleep, movement,
- Be given a variety of tools, that can be used anywhere, to release stress, so the manager can respond rather than react to stress triggers such as deadlines and dispute, leading to better team management, maximized clarity and focus; and increase productivity in the workplace.

This module is designed for middle to upper management and goes beyond standard Stress Management programs by giving managers a deeper understanding about how individual stress is created. This ultimately reduces the need “ to manage stress”..

Benefits

Participants will gain the ability to retrain their response to negative feelings such as anger, self doubt, anxiety, and instead focus on positive emotions such as confidence, empathy and work place co-operation and harmony. This outcome will bring about greater workplace Emotional Intelligence which research has shown increases productivity and innovation. Participants will also have specific tools to instantly significantly reduce stress

Time Commitments

A series of 4 two hour workshops presented fortnightly. This can also be provided as a condensed whole day workshop. Personal sessions would be 1 hour, on a fortnightly basis for as is required

For more information about this program please contact Amber Healing Centre on (03) 9576 2559 or email your enquiry to info@amberhealingcentre.com.au



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