

A close-up photograph of a vibrant green leaf, likely from a grass or similar plant, covered in numerous clear water droplets. The droplets are of various sizes and are scattered across the surface of the leaf, which shows distinct parallel veins. The background is a soft, out-of-focus green, suggesting a natural outdoor setting.

in equilibrium

Call us free: 0800 622 6932

In-house training course details

Practical Approaches to Handling Pressure

t: 0800 622 6932 e: training@in-equilibrium.co.uk www.in-equilibrium.co.uk

Overview

This course is suitable for employees at all levels in organisations who want to increase their understanding of stress and its effects, and to develop strategies to enable them to cope with stress related issues.

The topics covered include well-being, the work-life balance and individual factors such as perception, which affect how we cope with excessive pressure.

Key benefits of the course:

- Enables participants to understand what is meant by stress as opposed to healthy pressure
- Encourages recognition of the signs of stress at an early stage
- Provides an opportunity to assess well-being and the work-life balance
- Participants can identify their main sources of stress
- Points out the importance of perception and other individual factors
- Identifies a variety of coping strategies that can be used to deal with stress-related issues
- Participants can put together a personal action plan based upon the material covered during the course

Participants learn to:

- Distinguish between pressure and stress
- Recognise the signs of stress
- Assess their well-being and work-life balance
- Identify the main sources of stress
- Understand the importance of individual factors such as perception
- Apply relevant coping strategies
- Put together a personal action plan to address sources of stress

Dr Anita Levinson

This course is led by Dr Anita Levinson. Anita is a Chartered Occupational Psychologist, her doctorate was on the industrial relations aspects of health and safety, and she is a member of the Chartered Institute of Personnel and Development.

Anita has been writing and delivering training courses on various aspects of managing stress in organisations, in both the public and private sectors, for over twenty years.

Anita has also been involved in carrying out stress audits and facilitating focus groups to identify the main stress-related issues in organisations and to encourage employee participation in generating solutions.

Content summary

Section 1: What is Stress?

- Definition
- Human function curve
- How to recognise signs of stress

Section 2: Personal well-being and the work-life balance

- Well-being inventory
- How to increase feelings of well-being
- Activities to ensure a rounded lifestyle

Section 3: Sources of stress at work and at home

- Identification of pressure points
- The importance of control
- How relevant support can help

Section 4: The effects of individual factors

- The way we look at life
- Challenging limiting beliefs
- The rules we live by

Section 5: Some useful coping strategies

- Discussion of a variety of practical strategies

Section 6: Your action plan

- Identification of a source of pressure and application of strategies to deal with it
- An opportunity to apply what has been covered in the course

Course Workbook and CD

- Comprehensive course workbook and a 45 minute relaxation techniques CD are included.

Testimonial

“This course was exceptionally well-presented, and managed to be both informative and effective, with a minimum of jargon. The afternoon was very useful in helping to identify and focus on the real causes of stress, and how to alleviate their effects.

Dr Anita Levinson is a brilliant facilitator, friendly, straightforward, and clearly very experienced.”

Birse Metro Limited
Ms Devon Scott
Marketing Services Manager

Relaxation Techniques CD Content

- Breathing: slowing & deepening the breathing to slow down brain waves
(like a car going from high revs to idling)
- Breathing & Relaxing the Muscles: muscles, especially neck, shoulders, back and limbs develop muscle tension as the day goes by
- Breathing for Energy (Paced Breathing): this exercise uses the diaphragm to circulate the lymph fluid to remove the waste products produced by cells
- Breathing & Walking: allows you to relax when walking to and from car, an appointment, a shop, etc. and also increases awareness of the Present Moment and slows down the perception of time
- The Inner Voice - accessing your beliefs and inner strength
- The Tropical Island - a 20 minute deep relaxation exercise to help you to switch off after work
- The Forest with the Balloon: a relaxation and offloading technique

Course Details

Duration: 1 day

Optimum number of participants: 12

Price: Our prices are very competitive and usually below market rates, please contact us for details.

Further details

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