MENTAL WELL-BEING
STRESS, PRESSURE AND EXPECTATION – WHEN ARE WE GOING TO TALK ABOUT IT?

BRIEF COURSE OUTLINE

Stress, anxiety and pressure are going nowhere, but you have to look after your mental wellbeing, if not, not only will your job suffer, but your relationships with family, friends, children and partners. You are more susceptible to poor decision making, substance abuse and are more likely to get into financial problems. Gain strategies to manage stress, reduce your anxiety with effective coping techniques and reduce pressure by seeing the world through a new set of eyes. Learners will build strategies that remove excuses and builds resilience, willpower and motivation in order to meet outcomes more productively.

This programme can be tailored towards your organisation's needs. This is an accredited course with delegates gaining Unit One and Two of The Fear Project Accreditation from AQA Unit Award Scheme.

WHO SHOULD ATTEND

This course is suitable for all employees from leadership throughout the organisation

PROGRAMME DETAILS

- This session explores how to identify and eliminate the root of the excuses we make to protect our vulnerabilities and insecurities; the excuses that not only destroy performance and restrict progression in the workplace but erodes our general mental well-being.
- Learners will discover how to employ effective strategies to reduce stress, anxiety, pressure and expectations in the workplace and within their interpersonal relationships whilst simultaneously using these same strategies to improve their professional targets and output.
- A range of self-assessments will provide delegates with clear targets to improve mental resilience, self-regulation and to maximize reflective assessment of their cognitive strategies to deal with conflict, challenge and commitment in handling the demands of work and personal life.

METHOD OF DELIVERY

Self-assessment; group and individual activities; exposure to challenge; discussion, target setting and presentation, workplace follow-through and application

COURSE FACILITATOR

Martyn Stewart (CPsychol) is a widely experienced consultant and educator with a strong background in coaching and mentoring, social inclusion, mental well-being and cognitive restructuring. He is also a chartered psychologist with the British Psychological Society. Martyn is currently the Head of Psychology at one of the top international British schools in the world and an acclaimed motivational speaker.

TESTIMONIALS

See interactive references on www.passareuk.com