

# Managing Stress – Workshop for Employees

Adapt and thrive in a changing environment

“We engage people with the adaptive work that they need to do.”

## OVERVIEW

Stress, acknowledged as one of modern life's major health issues, is a very individual thing. What causes stress for one person may energise another. However, there are common symptoms of stress of which we should be aware.

This workshop will explore aspects of stress in the workplace: its causes, symptoms and empowering strategies for managing it. We will help engage your people with the adaptive work they need to do in today's fast-paced and changing environment.

**WORKSHOP**  
one half day

## TOPICS

- Defining stress – healthy and unhealthy stress
- Causes of stress at work – direct or indirect causes
- The facts and myths about stress
- Common symptoms of stress
- Signs of stress – how do you show it, how do you know it?
- Are others aware you are stressed? What impression do you think others have of your ability to manage stress?
- Stress management techniques and individual differences. How do you manage stress – at work or outside work?
- Stress questionnaire

## OUTCOMES

Participants will:

- Enhance awareness about stress; what it is and how it manifests itself in the workplace
- Consider common stressors at work and individual responses
- Reflect upon personal triggers for stress
- Identify stress management techniques that may work for them or others
- Relate relevant issues around stress and change management