

How To Be Less Stressed and More Resilient (Stress Management and Resilience Building)

Program Option #1: 3-hour workshop

Details the components of stress management and resilience building, with additional focus on time management and digging out of the multi-tasking morass. The program content will focus on types of stressors predominant for management level employees. Topics may include:

- Identifying various types of stressors
- Techniques to recognize when the body is under stress
 - Exploring, uncovering, and discovering stress triggers
- Identifying the characteristics and factors that make for resilient people
- Techniques for adopting and developing resilient skills and attitudes
- Tackling fear of failure
- How to “Ask” without being off-putting
- How to direct your thinking to be more critical and creative
- Understanding various communication styles
- Techniques for effective communication and conflict resolution
- Setting goals and manage priorities
- Time management tips
- Learning from the past: identify the skills and attitudes participants have utilized during a time of difficulty
- Progressive relaxation and mindful breathing technique

Program Option #2: 2-hour program

Outlines the components of stress management and resilience building. The program content will focus on types of stressors predominant for management level employees. Topics may include:

- Identifying various types of stressors
- Techniques to recognize when the body is under stress
 - Exploring, uncovering, and discovering stress triggers

- Identifying the characteristics and factors that make for resilient people
- Techniques for adopting and developing resilient skills and attitudes
- Tackling fear of failure
- How to direct your thinking to be more critical and creative
- Set goals and manage priorities
- Progressive relaxation and mindful breathing technique

Who should attend?

Mid-level management; supervisory / operative level management; customer service personnel; sales staff; case managers, clinical staff. (Let's be frank....everyone needs this program!)

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