



## Webinar Events *live & interactive*



# Banish Stress and Get Mindful!

Presented by: Debbie Austin

Delivered as: 3 modules of 90 minutes, as a complete course or individual stand-alone modules

### Suitable for:

Stress is endemic right now and so this is for anyone, at any level, who would like to deal with pressure more effectively and would like to learn the art of more mindful behaviour. This applies equally to work, home and life situations as we explore appropriate techniques to manage, reduce and cope with stress levels of yourself and others.

### Module 1: Releasing the Pressure

You will learn:

- How to cope with life's pressure levels successfully
- Investigating your own stress levels and the cause and effect
- Reaction v Response
- Explore mindfulness techniques
- Action points

Pre – course Consider a stressful situation and how you reacted. If you could consider any personal improvements, what would they be?

### Module 2: Complete Well-being

You will learn:

- Increasing your well-being in work and life
- Building Resilience
- Improving physical well-being
- Mindfulness techniques
- Action points

Pre-course – Consider what knocks your resilience and why?

### Module 3: Rebuilding Confidence

You will learn:

- Recognise that life's challenges can have a negative effect and how to turn this around
- What saps your confidence and that of others
- Confidence boosters to enhance your mood
- Positive verbal and non-verbal behaviour
- Action Points

Pre-course – Gain feedback from a trusted colleague/mentor or manager on your present personal presence with strengths and one development area.

Post module and post course – Action Planning tool to focus on the changes you want to make and how to make them stick.