

John Toomey

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Seminar Information Sheet – Mastering Stress

Introduction:

Duration: 90 Minutes

Stress is a “buzz word”. Twenty years ago, the common response to the greeting “How are you?” was typically “Not bad thanks.” Today it is “Busy!” Negative Stress levels are on the rise as families battle growing debt, relationship breakdowns rise to previously unseen levels and the threat of disease and disaster grow more real. Managing and Mastering Stress, for some, has become a major life challenge.

The Aim of these Seminars:

Often a Stress Management program will be needed in the workplace, but due to the level of stress, the need goes unnoticed. Sometimes the time to sharpen a saw is when you have the least amount of time to do it. The following factors may indicate a need for Stress Management training in your workplace:

A period of substantial change in the workplace; Poor workplace relationships or communications; Times of difficulty, perhaps when over-all organisational performance is low and uncertainty fills the air; Prior to the release of new organisational plans, restructuring, staff reductions or the implementation of new policies, and; Immediately following a workplace tragedy.

Expected Outcomes for Participants:

Participants can expect to achieve the following outcomes:

ORGANISATION

- Greater Cooperation and Teamwork
- Stronger sense of Workplace Community
- Reduced Absenteeism
- Reduced Presenteeism
- Reduced Employee Turnover
- More Energetic atmosphere
- Increased Productivity

INDIVIDUAL

- Higher levels of enthusiasm
- Higher Energy Levels
- Improved Sleep patterns
- Reduced Worry and Anxiety
- Recovery of Self Determinism
- Greater Sense of Happiness and Contentment

Seminar Content:

The Seminar empowers participants by first identifying the physical signs of negative stress. Recognizing that one is stressed and failing to cope is the first step to handling the problem. The seminar then addresses the concept of different viewpoints and how a shift in viewpoint can significantly change one’s response to a situation.

The program delivers a range of exercises that participants can use to slow a busy mind, reduce stress symptoms, and to enhance and promote relaxation. The session also delivers tool that empower individuals to manage themselves in a more positive way when confronted with a stressful or distressing situation. The program also addresses interaction with other people and minimising the emotional charges and conflicts that lead to stressful conflicts.

Costs: Single Seminar \$2,800:00 Half Day (2 Sessions) \$3,600:00 Full Day (3 Sessions) \$4,200:00 all ex gst

Course Materials: An extensive Notebook is provided to all students for review after the seminar.

“In life there are things that are important and things that feel urgent. Most of our attention is drawn to the urgent. Lives falter when the important things become urgent. The only protection we will ever have against such a personal disaster is an ongoing expansion of our awareness. The irony is that most people rarely put time into expanding their awareness because it does not feel urgent to do so.” John Toomey