




2023  
Essential

# Stress Management



 <b>In-person - Inhouse,</b>
 <b>Conference or Retreat</b>
 <b>Half Day Workshop</b>

Senior leaders are expected to lead people, make difficult decisions, navigate complexity and manage competing priorities. With so much responsibility on their shoulders, it can be easy for senior leaders to become overwhelmed with stress. We can thrive in an uncertain world by breaking up with stress and moving away from a life on automatic pilot. Is it time for freedom from frazzle?

While some stress can be beneficial, too much can lead to physical and mental health issues. Fortunately, neuroscience can provide valuable insights into how we experience and manage stress. Relationship stress is part of being a social species and can impact team cohesion and the home environment. We add depth to our program by growing an understanding of applied neuroscience to understand how the brain works and strategies to build perspective and empathy and to influence psychological safety in our interactions.

This contemporary evidence-based workshop offers participants a range of practical strategies for their professional and personal life. Through engaging activities, this workshop will provide senior leaders with the tools and techniques to manage stress better and develop healthier habits.

## Workshop Objectives:

1. Identify personal sources of stress and understand their impact on overall well-being
2. Learn practical strategies for managing stress in the workplace and building holistic resilience
3. Develop healthy coping mechanisms to reduce stress, including effective productivity habits.
4. Practical strategies from applied positive psychology and neuroscience to think through and confidently work through relationship tension and conflict.
5. Create an action plan to implement stress management techniques into daily life
6. Explore ways to support team members in reducing their stress levels

Through interactive exercises and group discussions, participants will gain valuable insights into better-managing stress and becoming more resilient in challenging situations.

The workshop will also provide a safe, supportive environment where senior leaders can share their experiences and learn from each other. At the end of the workshop, participants will leave with an action plan to implement stress management techniques into their daily lives and be better equipped to lead their teams more effectively.



**Very interesting to see how stress works in the body and understand that it is not always a bad thing, good tips about sleep and recharging.**

PSarah Talbot  
Department of Premier and Cabinet  
South Australia



**Handy 'take-home' tips and learning. The atmosphere and the amount of information provided were excellent to process and apply.**

Merilyn - Manager Convention Centre | Events Team