



focused on you

Limiting Stress Before Stress Limits You

Stress is one of the biggest reasons given for employee illness. Resulting in individuals feeling under pressure, teams disrupted, employees taking time off work, reduced business profitability, work, home and social life being affected.

Focused On:

- What is stress
- Understanding the positive intention behind stress
- How to recognise it
- How it affects different areas in your life
- How to manage stress

What you will learn:

- The relationship between mind and body
- Identify what is making you stressed
- Tools to give you a 'safe place'
- State control
- Putting yourself in another's shoes
- Relationship management
- The cost of stress to you, business and home life
- Anti-Stress tool kit

Outcome:

- Understand the power of choice and acceptance
- Ability to recognise your own stress signals before they become a problem
- Ability to recognise stress signals in others
- Understand how to approach people to give and receive help
- Balance what is important and at the top of your priority list
- Reduced stress, improving physical and mental health
- Improved performance
- Happier home and social life
- Feel empowered and successful

January

Workshop 2 hours:

Wednesday Evenings

6:30-8:30pm

£70 per month

Venue: Focused On You
40, Long Street
Easingwold
York
YO61 3HT

Instructor:
Cherylynn Christensen