

## Developing wellbeing at work

Raising awareness amongst employees and equipping them with new skills to manage stress is an important part of any organisation's strategy. This is an interactive and highly practical workshop for all colleagues. It equips them with a good understanding of the signs, symptoms and effects of undue stress and provides highly accessible information about ways to increase resilience to stress.

Sample programme: half day  
Suitable for all employees.

### **Aims:**

- provide information about stress and how it is different from positive pressure
- explain the effect of undue stress on behaviour, emotional and physical health
- explain how stress affects performance
- promote a better understanding of the causes of stress
- provide participants with new awareness and understanding about a range of ways in which to build resilience to stress.

### **Objectives:**

By the end of the workshop participants will:

- understand what stress is and how it is different from pressure
- understand the ways in which stress can have a negative effect on behaviour, emotional and physical health
- be aware of how our perceptions influence the stress we experience
- appreciate the relationship between stress and performance
- be aware of their own stressors
- have the knowledge to build resilience to stress by using a range of coping mechanisms such as positive thinking, reframing, relaxation, diet and exercise.