

The Psychology of Stress One Day Workshop



The Psychology of Stress

ONE DAY WORKSHOP

Given that most individuals spend a significant amount of their time at work, it is important to consider the impact of work on our health and wellbeing. Individuals who experience high levels of job satisfaction typically tend to report higher perceptions of their health and wellbeing. Conversely, for those who perceive lower levels of job satisfaction; work can be considered a major source of stress. PSB Solutions offers a one day workshop that covers the following core areas:

1. Stress and the self.
2. Stress and burnout.
3. Stress and organisational systems.
4. Stress and others.

Overview

Our one day Psychology of Stress Workshop is designed to assist individuals to improve their coping skills via:

- Physical stress management techniques.
- Cognitive stress management techniques.
- Stress management on the job techniques.
- Communication skills development.

Key Objectives

By the end of the Psychology of Stress Workshop, participants should have a greater understanding of:

- Internal factors contributing to the experience of stress.
- Tools and strategies for managing and mitigating internal factors.
- How to manage on-the-job stress.
- How to recognise and manage burnout.
- The way that language influences stress levels in self and others.
- Communication styles and how these can create or mitigate stress.
- Strategies for assertive communication.

Audience

This workshop is applicable to all employee levels.

The Process

This is a one day workshop that comprises of four key modules regarding stress and how it affects the individual, burnout, systems and others. Activities, group work, and problem solving encourage discussion and solution development.

Please contact PSB Solutions on (08) 9489 3900 or visit www.psbolutions.com.au for session dates.

Want to Deliver This Training In-House?

PSB Solutions offer this training in-house. Group booking discounts apply. We also design and develop client branded workshops with train the trainer or trainer supplied options

About PSB Solutions

PSB Solutions are a specialist team of psychologists facilitating positive change in the areas of People, Safety and Business improvement.

Our solutions to organisational concerns include Occupational Health and Safety Solutions, Behaviour Based Safety, Leadership Coaching, Employee Selection, Training and Development and Human Resource Systems Improvement. Please contact PSB Solutions for further information on (08) 9489 3900.

