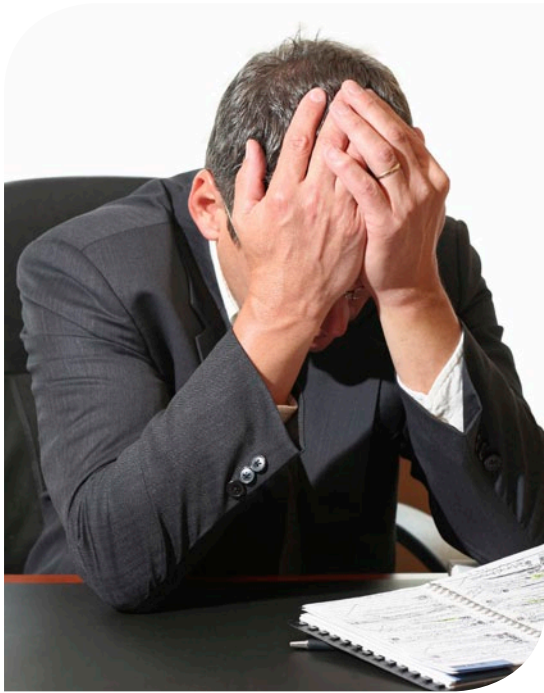


The Psychology of Stress Seminar Series



The Psychology of Stress Seminar Series

IMPROVE COPING SKILLS



PSB Solutions' 'The Psychology of Stress' seminar series is designed to assist individuals improve their coping skills through training in:

- Physical stress management techniques.
- Cognitive stress management techniques.
- The use of systems to minimise stress.
- Communication skills development.

Process and Objectives

'The Psychology of Stress' seminar series is run over three separate one hour sessions.

Seminar 1 - Stress and the Self.

This seminar comprises:

- The internal factors that contribute to the experience of stress.
- Tools and strategies for managing and mitigating internal factors.

Seminar 2 - Stress and Systems.

This seminar comprises:

- How individuals interact with organisational systems.
- How these interactions contribute to the experience of stress in the workplace.
- How to use organisational systems to assist in managing and mitigating stress levels.

Seminar 3: Stress and Others.

This seminar comprises:

- How language influences stress levels in ourselves and others.
- Communication styles and how these can create or mitigate stress.
- Effective communication skills development.
- Strategies for assertive communication.

Audience

This course is ideal for all employee levels within any organisation.

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, or at info@psbsolutions.com.au.

Promoting employee health and wellbeing through individual and group level change.

