



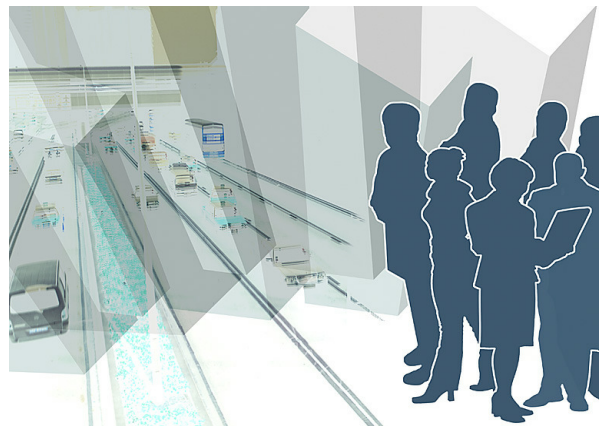
Your Stress Management

Helping to prevent stress and improve wellbeing

Your Stress Management - Wellbeing - Training - Consultancy

**Improve Wellbeing,
Improves Performance**

**Helps to identify issues at work and
at home and gain new skills and
techniques to improve performance**



Course Title: Improve Wellbeing, Improves Performance

Overview:

This course is suitable for anyone interested in improving their lifestyle at work and at home and have a good work/life balance. Identify areas which are causing problems and learn new skills and techniques to feel healthier, happier and improved performance.

Outline Programme:

- Explain background to stress
- Explain effects of stress
- Describe how to manage stress at
- Explain new techniques and skills
- Improve wellbeing and become more positive
- Describe impact on performance

By the end of the course each delegate will be able to:

- Explain how stress impacts on daily life
- Ensure that wellbeing is improved by effectively managing stress
- Carry out new techniques and utilise new skills to improve wellbeing
- Being more positive impacts on performance

The course is interactive and includes group discussion, full explanations, exercises and practical work. Numbers are limited to keep groups small. Can go towards your CPD.

Duration: Full day

To Book:

Phone: 0141 416 0779 or book online

E-mail: info@yourstressmanagement.co.uk

www.yourstressmanagement.co.uk

Other suitable courses: Assertiveness and Confidence Building, Goal Setting & Motivation

