

# Another Journey Begins™



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## **PRESSURE POINTS** **ONE DAY WORKSHOP**

*Is stress an overused word? Anyone affected by “stress” will perform less effectively, make more mistakes and be less motivated. The aim of the day is to provide tips for recognising stress in ourselves and others, controlling, relieving and avoiding stressful situations in the future.*

### **Over the day, learn how to:**

- ❖ Explain the difference between stress and pressure.
- ❖ Describe what the “stress response” is and what affect it has on people.
- ❖ Determine what factors affect your stress levels.
- ❖ Describe how to know when you or others may be under stress.
- ❖ Develop a long term strategy for open communication and stress management.
- ❖ Commit to action.

### **Who would enjoy this course?**

Anyone wishing to review the true meaning of “stress” and promote changes in their lives and those around them.