

Workplace Stress Management

Stress Management in the Workplace

The aim of this **stress management in the workplace** 'taster' course is to enable participants to gain a practical 'hands-on' understanding of the sources of workplace stress and how to effectively deal with them. This course is one of a variety of NCTH short courses aimed at the individual looking for personal development, self-awareness and self-improvement.

The day will be facilitated by Christine Blessing (Course Director - Northern College of Therapeutic Hypnosis Ltd) and Jackie Swift (Senior Lecturer - Northern College of Therapeutic Hypnosis Ltd, Specialist Hypnotherapist). Christine and Jackie are currently involved with developing and running courses in Hypnosis, NLP and 'other' related psychotherapeutic studies for the private, business and voluntary/community sectors.

Stress Management in the Workplace Outline

Approximately 1 in 3 of the population in Europe are affected by stress. This course will explain what stress is and how the power of the mind can be utilised to facilitate beneficial and positive changes. It will introduce the basics of relaxation and other 'tools' which can be easily employed by the individual to address a variety of common workplace stress issues and concerns.

Benefits of learning Stress Management techniques:

- * improved awareness of the sources of stress and the impact stress has on an organisation

- * increased confidence to deal with work 'stressors' – benefiting you and your organisation

- * ability to 'de-stress' by utilising simple practical techniques

This course will explore:

Key 'stressors' and what to do about them, emotional and physical reactions to stress (the mind/body link), the alleviation of stress by utilising basic therapeutic intervention techniques. Participants will be introduced to basic relaxation methods and simple but effective techniques which can be utilised for their own benefit.

Courses are presented in a 'down-to-earth' fashion – the emphasis being that learners get the 'hands-on' experience of the subject.

Our training methods are creative and interactive with an emphasis on involvement and fun!

Suitable for:



Anyone who is interested in the mind and how it affects self-help and personal-development.

Cost: £70 (1-day + VAT @ 15%) includes notes, tea/coffee & biscuits

Wakefield- dates to be announced

Leeds - dates to be announced

We also are running these courses at Darlington (North East), Sheffield, York, Chester. Please fill in our interest form for more details.

Book your place now

Other Taster Courses include:-

What is NLP?

What is Hypnosis?