

Mindfulness and Managing Stress

Stress is not necessarily bad. Excessive stress though is on the increase. Learning to manage stress can make the difference between success and failure. This workshop will raise awareness of the nature and cause of stress, both at home and in the workplace. Participants will be able to identify signs and symptoms of stress in themselves and others and become more aware of a range of relaxation techniques.

Workshop content:

What is stress?

Differences in perceiving Stress

Common signs of Stress

Know the warning signs

Stress Management Strategies

Relaxation Techniques

Positive language/ self-talk

Mindfulness – what it is and why it is the fastest growing tool for resilience, effectiveness, wellbeing and leadership

Integrating mindfulness at work and home

How to improve focus, concentration and decision making

Unhook from unhelpful thinking

Do what's important to you

Learning Outcomes:

At the end of this workshop you will be able to:

- Understand the nature of stress and how it affects us
- Identify some of the causes of stress in your own personal and working lives
- Explore a range of relaxation techniques
- Identify your personal and organisational goals
- Skills to reduce unhealthy stress
- Learn fundamentals of mindfulness practice
- Know how to improve focus and attention

Half Day Workshop
\$132

8:30 am – 12.00pm

Refreshments

Morning tea is provided for half day workshops.

Location

Level 2 Highway Arcade, 47 Stuart Highway, Stuart Park

DARWIN HEAD OFFICE

P. (08) 8941 5661

F. (08) 8941 0746

E. corp@corp.org.au

Alice Springs

P. (08) 8953 4225

F. (08) 8953 6894

E. easaalicesprings@easa.org.au

Katherine

P. (08) 8941 5661

Toll Free 1800 193 123 (NT ONLY)

www.corp.org.au

All Public Workshops require a minimum of 6 participants in order to be confirmed.

CORP has a 72 hour cancellation policy. Please contact us as soon as possible if you are unable to attend a workshop you are enrolled in, or charges may apply.