

How to Manage Stress & Get a Work Life Balance

Do you find that you go to bed tired and wake up tired? Do you find it hard to focus and your performance is dropping?

Do you find yourself being grumpy and that even small things irritate you?

Course Structure

This comprehensive one-day course is full of practical strategies and ideas that really work, which you can apply the very next day.

Work Life Balance

- › Understand how to get a balance between your key aspects of life – Work, Relationships, Health and Leisure.
- › Determine your values and priorities and what constitutes success in each area.

Understand Stress

- › Gain an understanding of what is 'stress', the symptoms, and the difference between positive and negative stress.
- › Identify personal stress triggers and set an action plan for managing them.

Self-Management

- › Learn the fundamentals of time management and identify top time-wasters.
- › Implement strategies to increase personal productivity and to be more focused.

Remain Professional under Pressure

- › Gain awareness of how to regain control and perspective when under fire.
- › How to focus on what matters by prioritising and dealing with issues in a timely manner.
- › Learn problem solving techniques and worry control skills.

Build Stress Resilience

- › Learn what to do to prevent stress, what to do when you are under pressure and what will help you bounce back quickly.
- › Learn proven relaxation techniques plus practical, easy-to-apply tools which can be used at any time to minimise the negative impact of pressure and stress.

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Course Nuts and Bolts

- Course Dates: Please refer to our website for upcoming dates www.innovativetraining.co.nz
- Investment: Standard Fee: \$625 + GST | Early Bird Fee: \$575 + GST
- Duration: A full day course, starting at 9.00am and concluding at 4.00pm.
- Location: Registered course attendees will be provided with full venue details.
- Limited Numbers: Courses are limited to 10 participants. Please register early to avoid disappointment.
- Inclusions: Highly experienced trainer, a comprehensive manual, ITS Certificate of Achievement, lunch and refreshments.

Further Information

Do you find yourself going to bed tired and waking up tired? Do you find it hard to focus and find yourself being grumpy with even the smallest of things becoming irritating? If this sounds like you then training on how to manage stress, handle pressure and get a work life balance will make a significant difference to your life.

Research shows that prolonged stress can lead to health problems, burn-out, mental fatigue and impaired performance. However, stress is not something that happens to us. It's our internal response to a given situation. With the right tools you can manage your response and build resilience against the impact of negative stress.

Innovative Training Services course 'How to Manage Stress & Get a Work Life Balance' will show you the difference between positive stress and negative stress/pressure. You will be given the tools to identify your personal stress triggers and learn strategies for managing them better. You will be shown stress-management tools which can be easily applied to maintain alertness, productivity and minimise the negative impact of stress.

The life-skills in this course are designed to support you as you deal with the complexities and pressures of a fast changing world. It's a course everyone can benefit from. You will learn practical techniques and skills to maintain focus, productivity and manage stress/pressure more effectively.

Please Note

We can facilitate this course in-house for your business and customise the content to suit your requirements. To discuss your needs, get-in-touch by email: enquiry@innovativetraining.co.nz or call us +64 9 360 3252.