

# BEATING STRESS

A ONE DAY PROGRAMME

This one day course is designed to meet the needs of anyone that recognises the presence of stress in their lives and wish to take steps to deal with it. If you recognise the relationship between stress and conflict you will understand that this is a great way of taking preventative action.

**Given our expertise in our field you would expect we would come at this from a unique perspective and we do.**

### If you are...

- Finding it difficult to concentrate at work?
- Challenged by what you are asked to undertake?
- Continually fearing the worst?
- Having memory lapses?
- Drinking, smoking or eating more?
- Having trouble sleeping?
- Finding work issues continually taking up head space?
- Suffering headaches, muscle pains or stomach problems?

### On this course you will learn...

- The relationship between pressure, stress and self-esteem
- What happens inside you when you get stressed
- The 5 anchor points that stress uses to stick to you
- Our revolutionary thought process to deal with your stress
- What your self-esteem means to you at work
- Our revolutionary process for dealing with your self-esteem



Any of these issues can be associated with stress and you may recognise one or more of these in your life. Working or living under continual stress is not healthy and it is one of the major issues of this century. Mind Your Anger has always dealt with stress as part our Anger Management Programmes. Over the last year we experienced an increasing number of enquiries from organisations to deliver stress related programmes which caused us to put this new, cutting edge programme together.

As with our Beating Anger course, Beating Stress combines sound educational and informational materials with some profound personal development and practical tools. More specifically, the training focuses on an individual's self-esteem; pressure becomes stress when self-esteem begins to undermine our confidence, telling us we can't manage. As stress is the tipping point which occurs when demands on us exceed our ability to cope with them, it is easy to imagine how fragile self-esteem can result in stress.

We are now offering a 1 day course within an organisational setting as well as public courses which can be delivered through your organisation and on your behalf.

