



Coping Strategies for Turbulent Times

Workshop Duration: 2 Days

Facilitation in English

Workshop Description

In these turbulent times of budget cuts, downsizing and sometimes excessive oversight, we often feel we are victims of circumstance or are perhaps overwhelmed. While it is true, we often cannot change our environment – choice does exist in our response to what the work world demands.

Relatively normal reactions to such stressors are to blame, complain and become less engaged. What we may fail to see is that these reactions unwittingly add to our internal stress; as the saying goes, “what we resist persists”.

This unique program allows participants to explore their maladaptive thought patterns and behaviors and release pent-up emotional stress in a safe and fun environment. Through exercises and self-inquiry, participants will experience relief from the stress of a demanding work environment and will leave with an assortment of helpful, profound strategies that they can apply in both their workplace and the rest of their lives.

Who Should Attend?

Anyone at any level in the organization who wants to improve his/her ability to deal with day-to-day stress on the job or in their personal lives.

Outcomes - Participants Will:

- Experience being emotionally lighter and more balanced
- Learn strategies and techniques to relieve stress
- Enhance their self-awareness and emotional intelligence
- Develop a greater acceptance/ less resistance to ‘what is’
- Increase clarity regarding areas of choice vs no choice
- Improve workplace engagement and sense of purpose
- Experience a greater sense of control
- Enhance ability to change conditioned personal reactions to workplace triggers
- Learn practical coping strategies to use personally and professionally

