

“EFFECTIVE SELF-MANAGEMENT” (4 X 2+ HOURS)

Do you, your team leaders or team members experience any of these?

- Get stressed with subsequent drop in speed, accuracy or performance generally?
- Pass on stress to colleagues making the workplace less positive and enjoyable?
- React negatively to undesired events instead of calmly and appropriately responding?
- Treat problems as disasters or catastrophes?
- Struggle with negative thinking and its resultant effects?
- Become paralysed when required to make important decisions?
- Repress emotions or allow them to build up and then explode?
- Fail to respond when corrective action is needed?

Effective management of 'self' is at the core of the both our individual success and our ability to function as a high performing team. Most people can perform positively and well when there is little pressure but the real test comes when there is a lot of pressure - either at work, or from the domestic environment, or both. Team members' responses to potentially stressful situations can make or break both themselves and the team and as a result, severely impact the business.

"Effective Self-Management" is a very powerful and comprehensive program. It can be delivered in a number of formats but the effect of delivering this information to the whole team at the same time has a powerful learning reinforcement and team building effect. It is also best spread out over an extended period (3-6 months) so as to provide time for application and integration of the learning, whilst maintaining continuity (of learning and staff). This program educates and empowers us to respond positively and effectively no matter how challenging the situation. It is a very practical workshop utilising some of the latest technologies in mind power and is accompanied by a very comprehensive workbook containing numerous self-discovery activities and highly useful reference material. Participants in this program need to complete all 4 modules in order to get the maximum positive impact.

Topics Covered

- Understanding stress
- The point of power and the point of resolution of stress
- Rational and irrational thinking and rationalisation
- 15 types of thought distortions that lead to excessive stress
- The power of being in the present
- Thought editing strategies including positive affirmations
- The effect of postural changes on thinking
- The importance of balance, relaxation, sleep and meditation
- The power of visualisation

TESTIMONIAL

“This program gave me the realisation and lots of useful tools to take control of my thoughts and to eliminate or reduce stress in both the workplace and in my home life.”

Retail Manager, Adelaide, SA