

Stress & Burn out prevention

Mismanaged stress can be a problem

This 3.5 hour workshop is designed for people wanting to learn more about managing their stress levels and by exploring effective coping strategies.

This interactive workshop will look at the physical and psychological impacts of stress and burn out.

Employers are encouraged to support their staff to attend this workshop.

Managers are also encouraged to attend to learn effective strategies to incorporate into the workplace.

\$60 per person per person includes manual and morning tea.

To register for this workshop or for enquiries, please contact me.

A group booking discount applies.

This training can be deliver to your workplace.

Program outline:

One in four Australians reported moderate to severe levels of distress this year (APS Stress and wellbeing survey)

With the fast pace modern world, we feel pressure to keep up and are increasingly busy and easily become overwhelmed.

This workshop looks at the practical applications of stress management.

Topics include:

- What is work stress
- Identifying burn out
- Managing stress
- Stress and personality
- Burn out prevention
- Coping resources
- Achieving a work-life balance



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