

# STRESS RESILIENCE



## Training Objectives

This workshop will help you to

- ✓ respond rather than react in high pressure situations
- ✓ implement strategies for effective situational stress mitigation
- ✓ solve problems and make effective decisions under stress
- ✓ create outcomes for effective results
- ✓ apply communication strategies to improve responsiveness
- ✓ elevate excellence in high pressure situations to remove the effect of stress

## COURSE CONTENTS

### Welcome and Introduction

- ✓ Ground rules and logistics
- ✓ Workshop participant outcomes
- ✓ Training outcomes, manual and timings

### How pressure creates stress

- ✓ The conscious / unconscious relationship in your mind - learn mental ambidexterity
- ✓ How pressure can create mental and residual stress
- ✓ Learn how our reactions are created and stored in the neurology
- ✓ Learn to turn stress indicators into fuel for action

### State

- ✓ Your most powerful asset and how to utilise it
- ✓ How to access, create and install a high performance state
- ✓ How to access action rather reaction strategies

### Perception and Perspective

- ✓ 3 Universal Brain Processes
- ✓ Learn to access your internal references to create effective outcomes
- ✓ Gather resources from different perspectives to add choice

### Problem Resolution

- ✓ Learn a strategy for identifying the consequences and potential benefits of a planned or unplanned action
- ✓ Scope the perceived results of a course of planned actions
- ✓ Strategy and frame for fast problem and resolution options

### Solution Engineering

- ✓ A neurological approach to effective solutions
- ✓ Framing and identification process for pressure contexts
- ✓ Apply resources and strategies to mitigate stressful situations

### Time

- ✓ How time affects stress, outcomes, resourcefulness, and results
- ✓ The structure of time and how to manipulate it in high pressure situations

### Communication and Responsiveness

- ✓ Identify and manage expectations that create stress
- ✓ Tools for digital and interpersonal communication in BAU and active contexts to mitigate stress
- ✓ Communication strategies and planning

### Integration

- ✓ A process to integrate the information, and create flexibility in multiple contexts
- ✓ Create a draft performance action plan



Mind Skills Mastery, a Division of K2 & Associates Ltd  
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to discuss your requirements for Stress Management Training

*This workshop is both information training and experiential, you get to apply the learning in real time. Direct experience during the training enables participants to modify, adapt and personalise the learning to your role.  
All participants receive a reference workbook to facilitate ongoing excellence.*

