

WHO & WHY?



Managing Overload

For anyone who feels overloaded, and who wants to explore effectively managing the external overload, and / or coping effectively with any inevitable overload that exists.

Outcomes

- ✓ Have ways of minimizing external pressures
- ✓ Have ways of managing your internal response
- ✓ Feel less stressed
- ✓ Be more confident in any overload situation

Content

- Your current overload problems & current strategies
- Out there: tackling the external pressures
- In here: tackling my internal response
- Consolidation & where to from here...

Learning Approaches

-  core learning input
-  paired & group activities
-  videos
-  role play / simulation
-  your ideas & suggestions
-  solo activities
-  reflection & consolidation

 on site or  online

“
Excellent
trainer – friendly,
involved and made
the course interesting
and memorable

Manager,
Knowsley MBC

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