

WHO & WHY?



Stress Management

For anyone who wishes to know more about preventing stress, and dealing effectively with its release should it occur; and/or who wants to learn helpful strategies to help others.








Outcomes

- ✓ Know what causes stress, and its impact
- ✓ Use the TEBI Model to prevent and release stress more effectively
- ✓ Create an action plan to minimise the cause and negative effects of stress
- ✓ Help others who are affected by stress

Content

- Pressure and stress
- Cause and effect: The TEBI Model
- Managing TEBI
- Preventing stress
- Releasing stress
- Helping others

Learning Approaches

-  core learning input
-  videos
-  paired & group activities
-  tools & templates
-  your ideas & suggestions
-  solo activities
-  reflection & consolidation

 on site or  online

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Really good course.
Lots to think about and take away

Manager,
Liverpool

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