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Managing Pressure and Developing Resilience

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Managing Pressure and Developing Resilience

Duration

1 day

Overview

Surviving ongoing change and pressure in the workplace is commonplace today. This workshop enables you to identify ways of developing your resilience to the negative effects of too much pressure and its subsequent effects.

Objectives

- State the difference between pressure and stress
- Identify signs and symptoms of stress
- Use tools and techniques to manage tension and anxiety
- Identify strategies to build your resilience to stress and optimise your performance

Agenda

- What is the difference between pressure and stress?
- Identify the signs and symptoms of stress
- Manage the fight and flight response when under pressure
- Identifying triggers for stress
- Assess the effects of change on individuals
- Techniques for managing tension, worry and anxiety
- Lunch
- The stress roundabout
- Identifying and challenging unhelpful thinking processes
- Understanding your drivers and how to manage them under pressure
- Build resilience to optimise your performance – Mental and Emotional Flexibility
- Relaxation, its benefits and how to do it



Further Information

Other Information

Suggested follow-up course: Stress Risk Assessment for Managers and Assertiveness and Self Esteem

Recommended Reading

- Assertiveness at Work (3rd Ed) Bell & Bain, Glasgow - K Back & Back
- Overcoming Low Self-Esteem, Robinson, London - M Fennell
- Managing Stress, (2008) Hodder & Stoughton, (Teach Yourself Books) London - T Looker and O Gregson
- Stress and Relaxation, Optima, London - J Madders
- Developing Resilience, Cognitive-Behavioural Approach, Routledge, London - M Neenan
- How to Deal with Stress, 2nd Edition Sunday Times, Kogan Page, London - S Palmer and C Cooper