

Throw Away Stress

Learn how to take the stress out of your working life and even enjoy your job more

From the Top

An overbearing manager, difficult colleagues, looming redundancies, impossible deadlines, depressing office environment – there are so many factors that influence our stress levels and we're not always aware of them and the effect they are having on us. Unfortunately, stress is an unavoidable fact of life at work in the 21st Century and can cause much unhappiness and affect your performance as well. This workshop will help you understand better what stress is; how you can handle it more effectively and how it can affect your health and happiness. We will help you develop ways to handle your own stress levels and that of others.

I'm Definitely Stressed At Work – Tell Me More

Whether you knowingly or unknowingly suffer from stress, this one-day workshop will help you gain a better understanding of how to deal with stress and how you can improve the way you work. to gain a better life and work balance.

Issues we will tackle during the workshop include:

- Understanding the causes of stress
- Dealing with stress
- Sharing experiences with others on the course
- Where to go for support
- Techniques for handling organisational change
- Motivation theories - helping others suffering from stress

You will be amazed - and relieved – to discover how simple yet highly-effective are the stress identification and reduction techniques we will show you during this workshop. If workplace stress has been getting you down, to the point where you may have felt there's no alternative but to change jobs, after this workshop you will return to work determined to make life-changing decisions with confidence.

The cost of the course includes all refreshments, as well as a hot à la carte lunch. You will also receive a certificate of attendance and a complete pack of course materials.

Our Philosophy

Courses and workshops from Indiquo are designed to engage and entertain, as well as inform – that's how we can promise to make what can seem to be the duller of subjects interesting. Our trainers have real-world experience at all levels of the organisation, so they speak your language and understand your issues and problems. And because they have 'been there and done that', they know how to get straight to the heart of every subject.

Our trainers ensure they keep right up to date with cultural and procedural changes in office life by engaging closely with course participants and building relationships with workshop attendees that endure long after the courses are over.