

WELL BEING AT WORK - ADAPT TO CHANGE

SmartStyle
Training

Module One - Stress & Self Awareness

- ▶ What Is Stress?
- ▶ The Causes of Stress & How It Manifests Itself
- ▶ Recognising the Signs
- ▶ An Individual's Ability to Cope with Pressure in a Range of Different Situations
- ▶ Tools & Techniques to Apply during Times of Stress

Module Two - Change & Stress

- ▶ What Is Change?
- ▶ When & Why Does Change Occur?
- ▶ The Effects of Change
 - ▶ The Impact on Individuals
 - ▶ Team Dynamics

Module Three - Maintaining Motivation Through Change

- ▶ Adapting to Imposed Change
- ▶ The Essentials of Self-management
- ▶ The Effect our Behaviour has on Others
- ▶ Overcoming Anxiety & Negativity
- ▶ Handling Negative Behaviours & Attitudes of Others
- ▶ Managing Difficult Situations Assertively for Positive Outcomes
- ▶ The Principles of Workplace Self-motivation

Module Four - Moving Forward

- ▶ Handling Continuous Imposed Change
- ▶ Simple Behavioural Changes
- ▶ Make Yourself Stress Resistant

Duration: 1 Day

Target Audience:

This programme is targeted at individuals coping with change on a day-to-day basis, whilst performing their responsibilities, in addition to potentially taking on new responsibilities.

Objectives:

Participants are introduced to a range of tools and techniques used to adapt to change, whilst considering the effect their behaviour and approach has on themselves and others. The causes and impact of stress are explored, together with motivational strategies to adopt that drive positive outcomes.

At the end of the course participants will:

- ▶ Understand the need for and importance of change on the organisation and themselves
- ▶ Be aware of what stress is, what the causes are, how to recognise it and strategies to adopt to deal positively with it
- ▶ Understand the need for ongoing, positive communication under stressful conditions
- ▶ Recognise the significance of personal and team positivity