

HOW TO LIVE SUCCESSFULLY WITH STRESS

Workshop - 3 hours	\$215.00 plus gst
One-to-one training (per hour)	\$180.00 plus gst

Stress is a part of everyday life but how we manage our own stress is the key to successfully living with stress. The word "stress" is often viewed negatively. This workshop will help you put a positive management spin on stress. It will help you identify the stressors, develop an awareness of the danger signs, help you manage it and make it work for you.

WHO SHOULD ATTEND:

Staff and Managers at all levels wanting to understand the impact on stress on themselves or their team and how to work with it successfully

BENEFITS:

- ▶ Identify the stressors in your life
- ▶ Develop awareness of your own dangers signs
- ▶ How to make stress work for you successfully
- ▶ Develop a plan to manage your stress and audit your progress

TOPICS:

- ▶ Defining stress
- ▶ Danger signals of mounting stress and the burnout test
- ▶ Determine your stress levels
- ▶ Health and stress
- ▶ Reducing stress in your life and workplace
- ▶ Coping mechanisms
- ▶ Promoting workplace health and well-being
- ▶ Develop your stress management plan
- ▶ Keeping on track - 'stress management audit'

REGISTRATIONS:

Contact Natalie on 869-1445

Email: gistraining@bdo.co.nz

Online: www.buseducation.com

IN-HOUSE TRAINING:

Would your organisation benefit from customised training? We will deliver any of our programmes in-house and tailor them to the specific needs of your organisation.

CANCELLATION POLICY:

If a registrant wishes to cancel, five working days notice is required to receive a refund, less a 10% administration fee. If you are unable to give five working days notice, arrangements can be made at the discretion of BDO Training to transfer to another workshop or for another person to attend. Unless such notice is given, full workshop fees are payable and refunds will not be given.

BDO Training reserves the right to cancel or postpone a workshop. At this time you can either:

1. Receive one-on-one training on the workshop topic; or
2. Transfer to another workshop (if you are using a NZTE Capability Development Voucher, please contact the Regional Partner to see if this can be transferred); or
3. Have the workshop fee refunded in full.