



Navigating Stressful Situations to Prevent Burnout

Workshops for all employees and people in leadership roles

This programme gives you the tools to navigate difficult situations in a way that is mana-enhancing and inspiring to others.

Within the navigating stressful situations programme, there are two separate workshops:

STRESS AND TRAUMA TOOLKIT

At some point, everyone experiences stress in the workplace, and for some, it can be a great motivational factor. This toolkit session supports employees in recognising the impact of stress and trauma in the workplace. Throughout the session, you will be supported in recognising your stress triggers and your automatic responses to stress. With this knowledge, during this session, you will develop the tools to overcome the negative effects of stress.

SUPPORTING YOUR TEAM THROUGH STRESSFUL SITUATIONS

As leaders, you are in the position to be responsible for your stress response and to be mindful of stress within your teams. It is essential to maintain a productive, safe, supportive environment during stressful times. This session has been developed to measure and help anticipate stress/trauma triggers in team members. You will develop strategies to break down communication barriers and enhance engagement, motivation, and loyalty within your team.