

2 – DAY STRESS MANAGEMENT & RELAXED PRODUCTIVITY FOR A FULL REJUVENATION AT WORK



Introduction

Undoubtedly the world has changed drastically as a result of Covid-19. Almost overnight, we had to learn to adjust, adapt, and cope with an unfamiliar, unprecedented situation. All of this has negatively affected the mindsets of the workforce leading to a major drop in productivity in the new norm.

Stress is at an all-time high as fear of the unknown escalates, compounded daily by endless rumours and unverified information. In addition to coping with the new norm, everyone has days that are more hectic, unfocused, and rushed - these can have detrimental impacts on a person's physical and mental well-being. Stress related disorders have also become increasingly common.

Our minds and bodies need to recharge, refresh and recover. What is needed is a practical, hard hitting, high impact course jam packed with workable techniques, tools and strategies to cope, calm down, rejuvenate and eliminate stress/negative emotions. And this is what this course is all about!

Many of the happiest, most successful, well-adjusted people are those who have learned to respond to high levels of stress in a positive and balanced way. There is more awareness of how stress reduction techniques and strategies, a healthy diet, regular exercise can increase one's personal wellness and productivity.

Course Objectives

By the end of this course, you will be able to:

- Take immediate appropriate action to manage the stress response and the coping process
- Improve employee productivity, motivate employees to stay healthier and stress free with stress busters and energizers
- Access your inner strength and detoxify body through special exhaling technique
- Change emotional state effortlessly from disempowering to empowering
- Learn to stop self sabotage and to clear mental clutter/baggage
- Master the body-mind connection through guided imagery and visualization
- Value of nutrition, exercise and sleep in coping with stress
- Experience Feel Good sessions with activities and games
- Enter your inner world, quieten the mind and powerful relaxation

Methodology

- Expert Input, Demonstrations and Presentations
- Practical Sessions and Role Play
- Stress Busters and Energizers
- Alpha/Theta Music, Visualization, Guided Imagery
- Mental Spring Cleaning and Clearing Techniques
- Mind-Body Connection and Exercises
- Relaxation and Feel Good Activities
- NLP Tools and Strategies
- Brainstorming and Sharing Sessions
- Workbook, Notes and Hand Outs

Who Should Attend? [®]

- Anyone encountering pressure in working environment
- Managers, Heads of Departments, Executives, Supervisors, Engineers
- Support, Administrative Personnel

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Course Outline

MODULE 1: ACCESS YOUR INNER STRENGTH 'QI' CENTER & DETOXIFY

- Purification Breathing followed by reciting a positive Mantra full of love and light
- Get to the core of your Energy Center with powerful detoxification, intensive exhaling combined with lower body exercises
- Building the Body's Foundation - exercises to get the body moving
- Practice 4-7-8 Breathing for Health
- Demonstration and Hands-On Guided Practical Session

MODULE 2: STOP SELF SABOTAGE & CLEAR MENTAL CLUTTER/BAGGAGE

- Ridding self-sabotaging behaviors
- Eliminate limiting beliefs, negative emotions and unsupportive behavior
- Developing new empowering habits and thoughts
- Forgiveness Exercise - Ho'oponono Healing
- Special Releasing Session For Strong Negative Emotions - Get Rid Of Negative Energy Through Sound And Movement

MODULE 3: CHANGE EMOTIONAL STATE FROM DISEMPOWERING TO EMPOWERING

- Learn to take total control over your physiology by changing the way you use your body
- Change your focus, change your life
- The power of empowering versus disempowering questions
- Discover the Brown Room Experiment - whatever you focus on grows and expands
- Practical Guided Sessions - State Change and reframing
- Activity - Clearing Depression

MODULE 4: TECHNIQUES TO QUIETEN THE MIND & RELAX THE BODY

- Eye Relaxation and Progressive Muscle Relaxation
- The Glass of Water technique
- Guided practical session - experience a unique technique to enter your inner world where time stands still, where mental and bodily healing take place
- BONUS: 3 subliminal CDs for free to achieve total health and relaxation easily, effortlessly, effectively

MODULE 5: MINIMIZE STRESS AT WORK

- Identifying sources of stress
- Know yourself - are you a stress prone Type "A" Personality or a Constant worrier?
- Communicate effectively to improve relationships and solve problems
- Modify behavior - choosing instead of reacting
- Learn to let go of mental and physical clutter
- Prioritization and goal setting
- Change Management and 4A Technique
- Practice Session: Self Talk Therapy and VAKS Technique
- EFT Technique

MODULE 6: LEARN TECHNIQUES TO FEEL AWESOME - DEEP BREATHING, FUN & LAUGHTER

- Oxygenator - intensive oxygen breathing to clear the mind and reduce stress
- Discover Yoga Laughter
- Beethoven Activity to release and let go of stress/negative emotions
- Activate your daily D.O.S.E. of happiness and optimism chemicals
- Guided practical hands on sessions



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MODULE 7: MASTERING THE BODY-MIND CONNECTION THROUGH MENTAL TECHNIQUES

- Guided Imagery and Visualization to relax and feel good
- Technique to heal the heart and mindfulness meditation
- Guided practical hands on sessions

MODULE 8: FAST TRACK TO WELLNESS - HEALTHY HABITS FOR BUSY PEOPLE, NUTRITION CONNECTION & SLEEP

- Master principles of a vital life: 8 gifts and 4 poisons
- What is nutritional healing or diet therapy?
- Detoxification - use food, exercise and your own mind as your medicine! Detoxify through exhaling exercises
- Grounding and walking
- Checklists and Guidelines

