

# STRESS BETTER



## Equip your staff with practical tools to manage and respond to stress more effectively in the workplace

Designed to build an understanding between stress and anxiety, this workshop equips participants to identify, respond to and cope with stressors.



Max 30



60 mins



\$1200  
(ex GST)

### This program will benefit your workplace by:

- Building resilient teams by equipping staff with effective self-regulation skills
- Optimising workplace performance when staff understand the effects of stress and how they respond
- Driving a positive workplace culture by equipping staff with strategies to handle difficult situations

### By the end of the session staff will:

- Increase their understanding of stress and the effects it can have on them
- Understand stress tolerance and the ways we hurt or help our stress levels
- Identify areas of influence and control for individual stressors
- Learn simple strategies to respond to stress and identify when to seek help

“Working in aged care and supporting individuals with a variety of needs can create a stressful environment. This program gave us strategies to support and handle difficult situations.”

– Client, Pines Living Ltd

**Suitable for** staff at all levels of an organisation

**Effective as** team building program, preparing teams for change, major projects or peak period training

**Customised to** address the specific operations of individual workplaces

**Delivered by** trained educators and guided by the MIEACT DoNoHarm safe story telling framework