

Harnessing the Power of Stress

How to minimise and channel stress in a positive way

Synopsis

Stress is the body's natural response to any demand or challenge. It can be triggered by a variety of factors, including work, relationships, financial pressures, or even daily hassles like traffic jams.

This workshop will teach participants how to minimise stress and how to channel it into positivity to help increase their productivity.

Course Topics

Our course topics include:

- The psychological, physical and behavioural cost of stress.
- The “gap theory”, transmutation and stress re-channelling
- When anger is not an option
- What is Eustace?
- Peace for a busy world
- The influence of presence.

Course Details

Delivery: Inhouse

Structure: Interactive Workshop

Time: 1 day

Class Size: Max 15

Cost: On request

About the Trainer



Mario Cortes is a highly skilled professional trainer and assessor with 20+ years' experience in project management, corporate training and leadership development.

His energetic training style is both informal and informative, adding a level of entertainment to ensure participants remain engaged in the learning.

As a trainer-assessor for the Diploma of Project Management, Mario's other talents include working as a Project Manager; Change Management expert; keynote speaker; MC and author.