



Stress Management

Stress Management

ZestLife's **Stress Management** workshop has been designed specifically for the management & staff of FAS Community Training Centres, Youthreach Centres and Traveller Training Centres.

Our endeavour is to help to unite your staff in their common mission to serve the trainees & to achieve your centre's goals. We support and challenge them to take responsibility for their own emotional wellness, communication and relationship skills

Outcomes of the Stress Management workshop:

The outcomes of the **Stress Management** workshop are to help your staff understand what stress is, how it occurs, why it's so important and what new things we need to learn to enable us to use it differently to meet the same needs as the stress itself.

Your staff will learn to:

1. Understand why they get stressed
2. Decrease stress levels with immediate effect
3. Increase levels of tolerance, patience and kindness
4. Develop relationships with people who were previously stress inducers

Your staff will learn how to reduce stress and become more effective in their role. They will learn emotional intelligence tools. They can immediately apply these tools to create new habits, new decisions and a more resourceful attitude towards life. This leads to an improvement in their attitude, attendance, health and work-rate.

Details of the Stress Management workshop:

The **Stress Management** programme is tailored to meet the specific needs of your centre. Each workshop is fun, interactive and hugely rewarding to those who participate. We recognise that questions and feedback are an integral part of the learning process which is why we will provide your staff with a safe environment to develop and engage in what is a very positive learning experience.

Teaching Methods:

Our aim is to create a safe, dynamic and interactive learning environment. Where attendees gain practical skills that they can implement in their role straight away. We are acutely aware that we want to get results rather than just deliver training, therefore we tailor our workshops to be fun, practical and interactive. During the **Stress Management** workshop we use different types of media to cater for different learning styles within each group. Each delegate is encouraged to get involved in the learning process where participants engage and contribute to obtain a physical reference for they are learning. This makes the content more memorable, practical and easier to apply.

Module 1: Understanding stress and its benefits

In this section we will identify why we get stressed and why that is good.

- The source of stress
- The importance of stress
- The outcome of stress

Module 2: The problem with stress

In module two we see how stress from an outside situation causes triggers for internal mayhem.

- Where it hits me!
- Rejection-Anger-Acting out
- The results - dis-ease



Module 3: The thing we were after

In the last section we see how stress is only the difference between what we wanted to happen and what actually happened.

- Acceptance
- Patience-Kindness
- New methods



Feedback from previous programmes run by ZestLife:

'Stuart's infectious energy and passion for what he does made for a powerful StaffForce training day. One that won't be forgotten soon.'

Tom O'Reilly, Manager LYCS, Dublin (March 2007)

'This StaffForce programme by ZestLife worked very well for our centre. It gave me an insight into the minds of young people and their emotions. It also brought all my staff together in a productive way to discuss issues very openly, which we would not normally do in our busy routine.'

Des Cullinane Manager YouthReach Cork City (January 2008)

'This ZestLife StaffForce day had a real positive buzz to it. It was excellent to bring the staff of the centre together in this way and the depth of issues raised was immense. It was well organized and planned by ZestLife and had a huge impact on staff morale. I really enjoyed it and my staff all loved it. I would highly recommend it.'

Bev Cotton, Manager, YouthReach Macroom, Cork (September 2007)

To book training for your centre call:

ZestLife (East & South)

Stuart Wilson

Mobile: 087 2539989

Office: 01 2943799

stuart@zestlife.ie

www.zestlife.ie

TeamLife (West & Midlands)

James Martin

Mobile: 086 8502159

Office: 071 9650892

james@teamlifetraining.com

www.teamlifetraining.com