



# JUST CHILL

**A STRESS MANAGEMENT WORKSHOP**



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### WORKSHOP OUTLINE & OBJECTIVES

- Develop a clear understanding of stress and excess
- Identifying the consequences of stress and stress danger signals
- Understanding the effect of stress on the body
- Assessing your current stress level and potential stress triggers
- Evaluating your current personal stress management plan and your strategy going forward
- Applying your stress management plan to your work life
- Determining exactly what time management plan you have in place for stress reduction
- Understanding your personal stress score card

### WORKSHOP SCHEDULE

- 08:30 Registration & Coffee
- 09:00 Workshop Commences
- 10:30 Morning Refreshments
- 13:00 Lunch
- 15:00 Afternoon Refreshments
- 16:00 Workshop Ends

### COURSE METHODOLOGY

This workshop is conducted with maximum use of practical application of the skills acquired. Participants will, both by themselves and in groups, work with role plays, problem solving, case studies and unique training exercises to ensure they acquire, reinforce and retain newly acquired skills, attitudes and characteristics.

### EDGE TRAINING CONSULTANCY

Edge Training is an Accredited Training Provider with the Services Seta, Accreditation #1135. Edge is a Level 2 BBBEE Company with over 15 year's Human Development training experience in and around Southern Africa. Edge is able to provide training throughout South Africa with a National Footprint of Agencies.

