

# Managing Stress and Maintaining Performance

Date and venue:  
**Friday 17 February 2017**  
**The Alverton Hotel, Truro**

Course Organiser:  
Carrie Bradburn, Dental Postgraduate Tutor

Course Tutor:  
**Anthony Asquith Dip Hyp Psych UK**

## Programme

### **09.00 Registration & Tea/Coffee**

**09.30** - Introducing you to your personal relationship with stress

### **11.15 -Tea/Coffee**

**11.30** - Handling setbacks and other practical exercises

### **13.00 - Lunch**

**14.00** - Learning how to relax more quickly and more often

### **15.00 - Tea/Coffee**

**15.15** - Learning how your temperament affects your reality and what you can do to keep things going in life

### **16.30 - Discussion and Close**

**Aim:** To provide an insight into how your mind works and how to deal with everyday stress

**Objectives:** By the end of the course delegates should have increased awareness of :-

Your personal relationship with stress

How to handle setbacks

How to relax more quickly and more often

How your temperament affects your reality and what you can do to keep things going in life

**Outcome:** To have the information necessary to create a plan for a healthy, well-rounded work-life balance