

# ***Managing Stress & Avoiding Burnout***

***Registration 9:00 – 9:30***

**9:30 Overcoming Resistance and Demands**

The three levels of change

Awareness, resistance and control

Acknowledging your freedom – spotting unhelpful ‘shoulds’

**11:15 Break**

**11:30 Take Charge of Time**

Regain satisfaction with sustainable personal & professional goals

Prioritise your time effectively and keep your life in balance

Curing goal addiction

**1:00 Lunch**

**1:45 Take Charge of Yourself**

How to let go of perfectionism and worry

Simple ways to stay calm under pressure

**3:15 Break**

**3:30 Break Free of Negative Behaviours**

Understand the psychology behind bad habits such as unhealthy eating, drinking, smoking, gambling and how to overcome them

**4:30 End**

## **Lecturers**

Bright Ideas Training Ltd.

Andrew Cain, DHypPsych, Director

Viv Craske, MNLP, Coach and Presenter

## **Aims**

To enable delegates to recognise and manage stress and manage their lives and work to avoid burnout

## **Objectives**

Delegates will learn how to

Take responsibility for your wellbeing and stay calmer under pressure

Manage time so you're not forever stuck on a treadmill

Set sustainable business and personal goals to have the life you want

Take control of negative behaviours and addictions