



# PJEndicott

Tailored training solutions for your organisation

## From Gremlins to Goals - Stress Management and Wellbeing II

Stress has become the focus of much attention in recent years due to the detrimental effect it can have on our happiness and sense of wellbeing, our productivity, workplace attendance, and relationships both at work and at home. When suffering from excess pressure or stress we often find that our memory becomes poor and we lose the ability to make decisions in our life. It can also become difficult to plan ahead and making even highly-desirable changes becomes almost impossible. Many people find it takes much longer to accomplish even routine tasks and, in trying desperately to keep up with everyday needs at work and at home, we can push ourselves further into the stressful situations that we are trying so hard to withstand. **'From Gremlins to Goals'** seeks to put you back in control of your life.

### Who is this course for?

This course builds on the stress management techniques provided in the course **'Staying Positive under Pressure'** and is suitable for people who have completed that course and wish to expand the range of stress management techniques available to them.

### Course Outline

The course provides an interesting, practical and helpful insight into dealing with the 'Gremlins' that affect our everyday life when we are experiencing pressure or stress. The course will allow you to experience a wide range of options to enable you to manage stress, remain in control and to once again feel able to make decisions and to plan ahead.

The course is conducted as a one-day or four two-hour sessions and will enable you to:

- Accurately identify issues that you are facing
- Recognise why making everyday decisions becomes harder
- Understand the power of our thoughts, and how why making changes can be so difficult
- Set yourself small but manageable goals to recover your powers of self-determination
- Acknowledge the power of creating and maintaining a positive self-image

You will also learn some very practical skills including how to:

- Stop yourself going over and over your worries
- Work out what is really stopping you from making changes
- Create a compelling image of what you wish to achieve
- Turn your gremlins into goals for a successful future
- Use relaxation exercises and meditation effectively to promote calmness and peace in your life
- Write and use affirmations to improve your self-talk and to urge yourself towards success

### What will this course help you to do?

This course will enable you to identify your worries, understand why you may have difficulty dealing with them effectively and encourage you to take positive steps to plan ahead and to bring about desired changes in your life. The course will also reinforce the benefits of regular relaxation and introduce meditation as a powerful and important part of maintaining balance in your life.