

# Think Beyond Stress

1 Day

Managing stress involves taking charge of your thoughts, your feelings, your schedule and the way you solve problems. Learn how to stay mentally fit in stressful situations. Feel calm when dealing with heavy workloads. Manage your thinking in order to create a peak performance state. Help your colleagues and friends manage stress resourcefully.

## What you'll learn to do in this course

You'll come out of this session with powerful tools for preventing and managing stress. We'll bring theory to life and tell you how to succeed. A range of practical tips will be presented to you. You'll talk through examples and enjoy practical exercises. At the end of the course, you should be able to:

- Outline the impact of stress on physical and mental health
- Identify your personal stressors
- Use eight stress management tools
- Assist colleagues, friends or family members suffering from stress
- Maintain a peak state of mental health
- Get more done in less time

## Topics you'll cover

- What is stress?
- What causes stress?
- Eight de-stressors
- When stress goes too far...
- Secrets of peak performers
- Managing your time

“think  
learn?  
succeed”

“Smart training for clever people”

**What others have said  
about the course...**

“Excellent content, excellent presentation, would have been happy to spend longer time learning these techniques”

“I found every portion of our discussions useful and relevant”

“Very well presented by a knowledgeable instructor”



**Book your training NOW**

Call Eleanor Shakiba on 0433 126 841

Download course information at  
[www.thinklearnsucceed.com.au](http://www.thinklearnsucceed.com.au)