



# ***Renée Mill's Stress Management Course***

## **What Renee Mill's unique Stress Management course can do for your organisation;**

- Empower your staff with the importance of applying stress management skills to sustain productivity, mental clarity, vitality and morale in the workplace
- Provide your staff with essential skills in identifying stress and understanding their personal limits
- Develop your staff with skills in relaxation, time management, conflict resolution and relationship building
- Relieve stress to reduce the risk of stress leave or stress compensation claims

### **The Stress Management course can assist where:**

- Employees work under pressure to strict time schedules
- The productivity of employees is below organisational standard
- Absenteeism due to stress related illness is high

### **The structure of the course is unique in the following ways:**

- There are twelve sessions of seventy five minutes each.. Research has shown that for real change to take place, new tools must be practiced over 3 months.
- Meeting for twelve sessions, and practicing tools together, is one of the most powerful team building exercise a group could ever embark upon. That immediately builds morale and team spirit.
- A different thinking tool or behavioural tool is taught, discussed and practiced each session.
- Follow ups of each participant's experience are conducted every session to monitor growth.
- A four step process is taught which can be utilised by participants every day, long after the course is completed.
- Attention to a single tool, in detail, each week plus the strong focus on practicing; makes this course unique and ensures that real change takes place.

Renee's course is based on CBT which is evidence based. It's proven to work!

**After attending this course, participants will be able to:**

- Identify what they can control in a negative/stressful situation (reducing stress in their environment)
- Bounce back more easily from negative situations that they cannot control
- Become a positive contributor to the work environment and make them more valuable to the company (increasing company morale)
- Resolve negative situations in a positive way with both fellow employees and external contacts (improving customer/employee relations)
- Feel they have more control over their career (increasing employee initiative and stress free attitudes in the workplace)
- Be aware of the tools that they need to achieve work/life balance (reducing anxiety)
- Time-Management: Manage their time better-both at home and the workplace (more productive)