

STRESS WORKSHOP FOR MANAGERS

by Dr. Owen Schwartz, energy and holistic medicine

With every worthwhile endeavour a degree of stress is both necessary and inevitable. But when stress is prolonged and excessive it becomes our foe and the source of much interpersonal tension and ill health. Individual and company morale may suffer with deleterious consequences. Managers in particular are positioned in the middle between the employees they manage and the expectations from the corporation. The pressure becomes particularly intense in a rapidly growing company.

The first goal in this one day seminar is to offer each of the participants practical tools they can use to recognise and handle personal stress more effectively. The second goal is to apply styles of communication that are assertive and effective, but not stress producing. How do we empower our employees by effectively listening to their concerns, encouraging their progress and delegating responsibilities?

A third goal is how to respond to crisis situations without undue panic and fear. The fourth and final goal is to

develop skills in restoring our spirit, emotions and equilibrium when we find ourselves depleted as a result of being overtaxed.

The general tone of the seminar is meant to be entertaining and informative. the style of learning will be based on individual and group participation with just a light emphasis on didactic learning. In fact most people already have the knowledge within them. It is a matter of bringing it forward and applying it to daily life.

Also the seminar reflects my personal belief that it is important to bring balance, a sense of achievement and a feeling of spirit in all aspects of our lives so that work particularly becomes meaningful and much more than a pay-check.

Time for the seminar: one day and an evening or one very full day-about 8 hours

Biography: from the website and included seaparately.

Materials: A take home workbook will be included