



5th Place presents
**Relieve the pressure of
stress: return to balance &
flow**

Most stress triggers are short-lived, but we humans have the remarkable ability to give them a vivid and extended life in the mind, letting them fill our headspace long after the event has passed.

—Elizabeth Blackburn

Overview

In today's high speed world of 24/7 always on, immediate gratification, go, go, go environment, stress is an ever-present companion. Economic challenges, productivity concerns, and infrastructure issues can add to the daily pressures we face. Stress is a natural part of life but chronic and persistent stress can lead to health issues, deteriorating relationships, and impaired decision-making. 5th Place's one-day workshop provides an opportunity to understand stress, its impacts, and how to manage it effectively, turning stress from a constant burden into a manageable aspect of life.

Benefits of implementing a stress management programme

Investing in a stress management programme can yield significant benefits for both employees and the organisation. Studies have shown improvements in job performance, productivity, job satisfaction, and employee retention.

Additionally, organisations can see reductions in absenteeism, healthcare costs, sick leave, disability costs, and workers' compensation claims. For example, a study conducted in India found that a workplace wellness programme that included stress management interventions led to a 50% reduction in absenteeism and a 30% reduction in healthcare costs.

What participants will learn

Participants attending the "Relieve the pressure of stress" course will learn the following:

Understanding the nature of stress

- Understanding stress
- The difference between a stressor and a stress response

Impact and consequences of stress

- Organisational impact of stress
- Personal impact of stress
- The potential negative outcomes of chronic stress

Identifying and managing stress

- Identifying hooks, triggers, and other stressors
- Common unresourceful strategies for dealing with stress
- Examining beliefs, behaviours, and their contribution to stress build-up
- How the five pillars of emotional fitness support better stress relief
- Exploring personal, sustainable steps to relieve the pressure
- A range of tools and techniques to manage intense emotions

Who should attend the workshop

This workshop is designed for anyone who wants to improve their stress management skills.

In addition to managers, supervisors, team leaders, HR professionals, and salespeople, our workshop is also beneficial for educators, healthcare professionals, customer service representatives, and anyone who frequently interacts with the public or works in high-stress environments.

Duration & delivery

The stress workshop is **delivered online** via Zoom* or **on-site**. It can be delivered as a stand alone, one day workshop or run over several consecutive days of fewer hours if delivered online. For example, 4 sessions x 90 mins or 3 sessions x 120 mins. The course facilitators, Chantal Dawtrey and Matthew Green, are experienced professionals in the field of stress management.

Whether you choose our online or face-to-face course, rest assured that both versions cover the same comprehensive content and learning outcomes. The online course offers the convenience of learning from your own space, while the face-to-face course provides the opportunity for more direct interaction and real-time feedback.

Cost per participant

- Online course: R3,120*
- Face-to-face course: R3,500

The workshop requires a minimum of **five** participants to run. Larger group rates are available on request. The workshop is offered at a special rate for non-profit organisations and students.

Material

All relevant learning materials are supplied online. A pre-workshop assessment and close-out form is completed online via a link sent to participants.** In addition to the course content, participants will receive a certificate of attendance and access to additional online resources.

What others have said

A selection of previous participants share their views on the course:

I now know how to deal with my stress. Definitely attend the workshop.
—Name with held by request

The course was presented well. I found it to be a good and interesting workshop, it was informative and I think others will enjoy it as well.

—A Rossoa

The workshop is really interesting and is very helpful in showing you what you need to do in stressful situations and how to calm yourself down. Thank you, you really made me understand things better. I will now use what I learnt to help me be less overwhelmed with all the stress.

—L Kruger

Ongoing support

Our commitment to your stress management journey doesn't end with the workshop. We provide ongoing support through our online [Emotional Fitness College](#), where you'll have access to a community of fellow learners, additional resources, and opportunities for further coaching.

Ready to transform your relationship with stress and boost your productivity? Contact us for more details and start your organisation's journey towards effective stress management.



Stress Management Course & Workshop

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** Online courses are offered via Zoom. This requires access to broadband internet, a quiet and interruption free space, as well as backup power for load shedding is a requirement for online delivery.*

*** This may require organisational IT authority to access.*

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