



Corporate Coach Group

Training that transforms



One Day Stress Management Training



A training plan for your organisation

What is the purpose of the training?

The purpose of the training is to initiate a *process of rapid improvement* by means of achieving a *shared understanding* of the correct stress management methods that we need to employ, if we are to achieve our stated goals.

What is the reason for the training?

Many people feel they are under pressure from all sides: managers sometimes put them under pressure; their customers put them under pressure and even their own team members can sometimes put them under pressure.

As a consequence, many people feel the need for some targeted training designed to help them with the stresses inherent in their role.

This unique one-day training course is designed to help your team feel more confident in their ability to properly handle stress, by giving them the special skills and knowledge they need.

On this course you will learn how to:

- ✓ Shield yourself from the negative effects of stress.
- ✓ Benefit from the positive effects of stress.
- ✓ Better manage your physical responses.
- ✓ Better manage your emotional responses.
- ✓ Immunise yourself against fear, worry and anxiousness.
- ✓ Bounce-back after a knock-down.
- ✓ Train yourself to take stress in your stride.

Learn practical tools that you can use in real-life situations.

How many people are doing the training?

Numbers of staff to be trained: TBC

When will the training take place?

TBC:

Where is the training location?

In-house – or local venue.

What is the basic premise of the course?

Please read the following page:



Stress management training course content

Introductions

Some stress is good for you, because stress stimulates an *adaptive response* and therefore can lead to progress.

But too much stress is bad for you, because too much stress can lead to feelings of anxiousness, worry and even burn-out and meltdown.

So this course is about learning how to harness the *positive power of stress*, whilst simultaneously avoiding the negative potential of stress.

There are two form of stressors

1. Objective stressors
2. Subjective stressors

Objective stressors; are the facts, the environment: they are tangible: They include such things as temperature; heat, cold; any noise; problems with work; problem with customers; suppliers, colleagues, bosses and maybe even family.

Subjective stressors; are your emotional reactions to the environment; they are *intangible*. On the one hand, they could be emotions of worry, fear, anxiousness, concern, dread, anger, bitterness and resentment. On the other hand, it could be emotions such as excitement, energy, optimism, courage and motivation.

The total load of stressors on you are the sum of all your objective tangible stressors and your intangible emotional stressors.

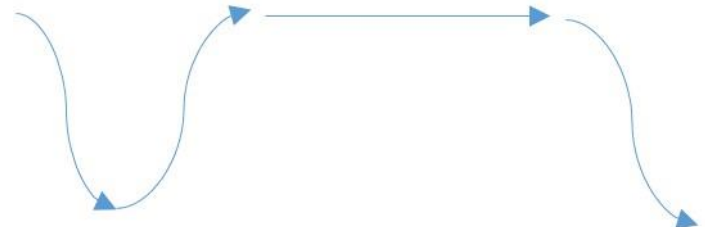
Learn about the "The General Adaptation Syndrome"

"The General Adaptation Syndrome" is the theory that underpins the whole science of stress management.

The general adaptation syndrome is a three-part model that explains the body's reaction to a stressor.

1. Alarm reaction
2. Adaptation response
3. Exhaustion

Learn about the "The total load" principle



Total load principle

Total load is the measure of all the stressors, from all realms of your life, which are acting on you at any given moment.

Examples

- Work stress
- Home life stress
- Health
- Relationships etc.

You need to take account of the fact that you are an *integrated being*: you are not able to totally separate your life's compartments. I.e. work stress is likely to affect home life, and vice versa.

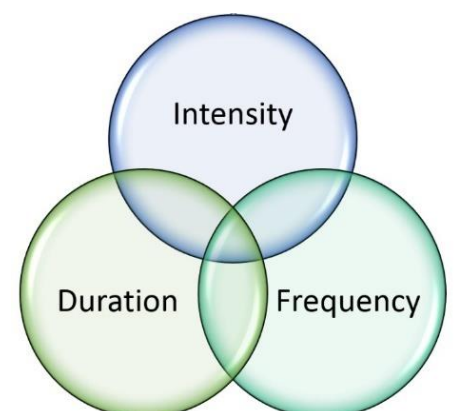
The "The optimum zone" principle

The optimum zone is the target zone.

The optimum zone is the level of stress that allows you to work at your greatest efficiency because you are balancing the:

1. Intensity of the stress
2. The duration of the stress
3. The frequency of the stress

Understand the "The optimum zone" and you will have one of the solutions to the stress management problem.



The solution to your problems is: Find the “Optimum zone”

The optimum zone is the perfect balance of the intensity, duration and frequency of stressors, such that you feel:

Improve your "The Recovery ability

Your recovery ability is a measure of your resilience to stress.

Recovery ability is made up of three parts:

- Your psychology
- Your physiology
- Your environment

Learn about additional solutions to stress management.

Examination of the Total load

The Total load is the sum of all the various pressures imposed.

Work: Stress by reason of your profession:

1. Deadlines
2. Angry boss
3. Annoying colleagues

Internal stressors: Stress by reason of your thoughts:

1. Worry
2. Fear
3. Lack of confidence

Lifestyle: Stress by reason of your habit patterns:

1. Poor nutrition
2. Alcohol
3. Drugs

Environmental: Stress by reason of your location:

1. Noise
2. Crowds
3. Heat/ cold

Organic: Stress by reason of antigens or injury:

1. Illness
2. Allergy
3. Infection
4. Injury

More on “Recovery Ability”?

Recovery ability is a measure of the team’s capacity to absorb, “metabolise” and bounce back from any intense, prolonged or frequent stressor.

Recovery ability is a conscious development, an important part of your management philosophy.

Recovery ability is composed of six elements:

1. Organisational
2. Social
3. Intellectual
4. Emotional
5. Physiological
6. Nutritional

They combine to produce a system of strength.

Physiology First

It is a fact that your performance under stress has a strong physiological element. You are as strong as your physiology.

When there is change in the air, or there is a situation that requires you raise your game, solidify your physiology so as to give your performance a rigid base.

Those people who neglect their physiology, or who allow their powers to dwindle, pay a heavy price.

When the environment is piling on the pressure, get stronger by feeding your physiology everything it needs to compensate for the added intensity.

Specifically, your physiology needs:

1. Oxygen
2. Water
3. Nutrition
4. Rest and sleep
5. Movement

When you need to reclaim your emotional state, remember, PHYSIOLOGY FIRST.



Emotional Management

The definition of emotional management is: the art of controlling:

- The focus of your mind
- The physical state of your body,

so as to create the optimum emotional responses that are appropriate to the circumstances that face you.

Your body responds automatically, instantly and unerringly to the thoughts that occupy your mind.

1. If you have bad thoughts you feel bad.
2. If you have good thoughts you feel good.
3. If you have mixed thoughts you will have mixed feelings.

A positive mental attitude relies on your ability to control and direct your thoughts:

1. Consistently.
2. For extended periods.
3. Irrespective of what others are doing.
4. Irrespective of what others are saying to you.

Consider this suggestion and ponder the implications

"You are what you are, you do what you do, and you feel the way you feel, primarily because of the habitual thoughts that you allow to dominate your mind."

1. How to handle the stressor's that form a part of your environment.
2. How to handle your physical response during stressful times.
3. How to handle your emotional response during stressful times.

How can you manage things so that stress works for the team as a stimulant to greater productivity?

Summary and personal action plan



The training is designed to comply exactly with your requirements:

Your organisation shall provide a fully equipped classroom for the entire duration of the training course

Corporate Coach Training shall prepare and supply all the course and teaching materials for the participants. – **Yes**

The expected number of your organisations participants per course is to be confirmed. -**Yes**

Corporate Coach Training shall make its own travel and accommodation arrangements. - **Yes**

Corporate Coach Training shall provide a detailed course proposal to meet the YOUR ORGANISATION requirements as stated - **Yes**

The proposed course structure shall clearly outline what topics would be covered on each day. -**Yes**

The method of training is as follows:

The training is to be:

- Delivered in an enthusiastic and interesting way that will involve all the delegates.
- Whilst being consistent with the plan, the training must be flexible and responsive to the needs of the individual delegate group.
- Highly practical, structured and organized.

The training method follows this general pattern:

1. The trainer, gives a clear explanation of the point in question.
2. Then the trainer will demonstrate the principle and gives specific examples.
3. Then, the delegates practice by doing an exercise with each other.
4. The delegates practice by doing exercises with the trainer.
5. All points are supported with full written notes to take away.
6. Delegates are asked to write down an associated action, for each point made.
7. (At the end of the day, we have about twenty such actions, from which the delegates choose six which are the most personally meaningful).

What are the costs / investments?

In-house course

Daily rate is £1,850 + VAT for up to 20 delegates.

Plus £80 for each additional delegate over 20.

Plus hotel accommodation for trainer if needed (*Premier inn type: not the Hilton!*)

The training days are inclusive of:

- Full days training
- Full course notes
- Written action plan to take away
- Access to our post course portal
- Plus three months FREE telephone coaching to answer any on-going questions

Plus free telephone coaching!

To answer any on-going questions, you will also receive email and telephone support from your trainer after you have attended the course.

We suggest the following plan of action:

You please send to me:

1. Any amendments or changes you wish to make to the programme.
2. Your thoughts
3. The plan of action

Thank you

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A word from our previous delegates...

The course content was stimulating. The trainer's presentation was very effective. Chris delivered difficult concepts with insight and humour.

Delegate: C Jolly
Company: Greencore

The course content was very comprehensive and covered relevant points. The trainer's presentation was interactive, informative and challenging.

Delegate: W Graham
Company: Ikea

The course I found very interesting, using models that I was not familiar with, different thought processes. The presentation was very professional, informative and interesting.

Delegate: J Dickinson
Company: Riomay

The course content was very useful, exactly what I was looking for. Encouraged thought and methods to take back to the work place. The trainer's presentation was very clear, Chris not only delivers the training but stands behind his methods and believes in the content.

Delegate: T Stuchfiled
Company: Primecare UK

The course content was excellent, thought provoking and inspiring. The presentation was clear, concise, professional and relative.

Delegate: J Walker
Company: Telus

The course content was very good, informative and positive. No "Dull Moments". The trainer's presentation was good – Well presented.

Delegate: S Bent
Company: B+V Water Treatment

The course was excellent. Interesting, thought provoking, very useable. I have already put different aspects of the course into practice. The trainer's presentation was Excellent. Thoroughly enjoyed each session and would like to come back for a refresher course. Very motivating and a very inspiring person.

Delegate: K Hogarty-Hingsto
Company: Hartpur College

The course was very informative, with lots of thought provoking questions to think on after. The trainer's presentation was well produced and slick NO excess content.

*Delegate: B Pain-Tolin
Company: BTCV*

The course was very, very good. The course was well structured and has provided me with an opportunity to reflect on how I can improve further in my role. The trainer's was very focused, kept the course moving, related well to the group. Created non-threatening environment.

*Delegate: M Ridout
Company: Sparsholt College Hampshire*

The course content was very good, quick win early on kept my interest piqued. The presentation was very good, inspiring and animated.

*Delegate: K Rhodes
Company: RAF Wittering*

The course content was informative and well-constructed. The trainer presented very clearly and effectively. The presentation was very enjoyable.

*Delegate: N Yemm
Company: Hulley & Kirkwood Consulting Engineers*

The course content was great, really visual. The trainer's presentation had lots of great detail and stories to illustrate each point.

*Delegate: M Painter
Company: Lloyds Banking Group*

I really enjoyed the breadth of what was covered today. The trainer's presentation was very good and clear.

*Delegate: S Windridge
Company: Prudential UK*

The course content: Interesting and very broad content. We covered a lot of subject matter during the course. The trainer's presentation was excellent, very clear and concise. Interesting and charismatic.

*Delegate: E Inegbu
Company: Prudential UK*

Excellent course that helped to bring new insight and reinforce and bring back concepts from many years ago. The trainer's presentation was upbeat, positive and inspiring.

Delegate: M Judson

Company: JSP Ltd

The course content was comprehensive, eye-opening and informative. Excellent presentation, kept interest up and made the course come to life. Good real-world examples to inspire and inform.

Delegate: J Gibson

Company: Fuji Film

The course content was very detailed and interesting. The trainer's presentation was good, with time for re-caps and questions.

Delegate: R Graham

Company: RAF Wittering

The course content was interesting, could be applied in business environment but also in general life. I like the wrong box / right box! The presentation was very dynamic and directive. Knowledgeable. Good use of examples which helps.

Delegate: S Chou

Company: JSPMLtd

The course content was excellent, extremely useful tools which I shall use with both students and staff. The presentation was very good, Right mix of talk, discussion and activity.

Delegate: J Noble

Company: The Sittingbourne Community College

For additional feedback, video testimonials and list of companies that have benefited from our trainign programmes please [follow this link](#)