

„Stress: how to deal with it and how to use it”

Course description:

The training allows to learn and to look at trainees' own predispositions, personalities, their strong and weak sides. During the stress training, participants work on increasing self-acceptance, recognize and use their own skills and abilities. They learn about different types of relaxation techniques which enable them in a quick way to regenerate after stressful situations and meetings.

Acquired skills:

- noticing positive sides in difficult situations
- ability to adapt to stressful situations
- ability to regenerate after a stressful meeting
- mastering the fatigue reducing techniques

Training program:

I. Practicing the ability to recognize stressful situations

- Mapping by each participant his/her stressful situations
- Marking intensity of emotions
- Exploring the reasons: stereotypes and beliefs that cause excessive stress

II. Planning and conscious life directing (sometimes) as a prevention of dealing with stress

- Individual goals setting
- Prioritizing that enables participants to separate the things they have influence on from those which are beyond their control: techniques to deal with stress in case of both situations
- Conscious tasks and leisure planning
- What are the benefits of a real leisure and what is only an apparent stress abreaction- Eisenhower matrix (importance and task urgency criterion)

III. Elements of emotional intelligence and people communication reducing stress in social situations

- Awareness of our own emotions
- Awareness and skillful identification of people's feelings
- Healthy behaviors in conflict situations: dealing with personal anger, adequate and assertive response to the anger of others
- Assertive refusal and expressing our needs as a way to avoid stressful situations
- Helping in a healthy way
- How to take care of \ "complexity of our person \"
- How to take care of close relationship

IV. Coping with stress during public speaking

- Negative beliefs that increase the stage fright
- What can I do to stop inventing \ "nightmare scenario \"
- Techniques for controlling stage fright before and during the speech
- Building a contact with the audience as a way of reducing stage fright
- How to present our person to have a lower stage fright?
- Relaxation just before the speech
- Enthusiasm: attack rather than defense
- Techniques for raising self-confidence while speaking

V. Health care as a method of reducing the tendency to stress reactions

- How to walk, sit, stand properly?
- How to breathe healthily?
- What is meditation and how to practice it?
- Hygiene of everyday life and sport
- Relaxation exercises with a set of tasks to practice individually at home

Methodology:

During the training we use the following training methods:

- Individual work with questionnaires
- Talk
- Practical relaxation exercises
- Practical meditation exercises
- Mini lectures - Power Point presentations

Organizational information:

Number of training hours: 12 hours / 2days

Time of training 9:15-15:15

Place of training: Łódź, Piotrkowska 125 – KM Studio - trainings