

C-me Stress and Resilience Workshop Agenda (2hrs)

- 5mins** Intro and aims
- 10mins** Understanding resilience - exercise 1
- 10mins** Introduction to stress - exercise 2
- 10mins** Completion of stress test - exercise 3
- 5mins** Signs of stress around the wheel
- 20mins** Yerkes-Dodson Human Performance Curve
- 10mins** Break
- 5mins** Reviewing stress for different colour combinations - exercise 4
- 20mins** Coaching back to high performance - exercise 5
- Handling setbacks
 - Flexing to build resilience
- 15mins** Stress as a team
- 10mins** Final reflection

