

C-me Stress and Resilience Workshop Overview

Who is this workshop for?

This workshop is for those who want to manage their personal stress and learn how their behavioural preferences can help build resilience. It's also valuable for teams who want to understand each other better and create a more supportive culture.

By increasing self-awareness as well as team awareness, this workshop helps individuals prioritise their wellbeing while contributing to a more resilient, understanding, and productive organisation as a whole.

What are the benefits of this workshop?

Taking part in this workshop you'll ...

- Learn practical, personal strategies to reduce and manage stress effectively and sustainably
- Develop clear approaches to restore and maintain high performance, even during periods of pressure, change or uncertainty
- Increase self-awareness of behavioural preferences, understanding how individual responses to stress can either drain or strengthen resilience
- Deal with setbacks more effectively, reframing challenges and responding with greater composure and focus
- Develop insight into how colleagues may experience and express stress differently
- Learn how to adapt communication styles to strengthen collaboration, trust and mutual understanding
- Discover practical ways to encourage one another, creating a culture where colleagues feel understood, supported and able to thrive

Additional workshops available ...

- Communication and conflict
- Leadership development
- Team cohesion
- Influencing with impact
- Change management

