The health of an organisation and the health of its workforce are inextricably linked. Business and its employees can only prosper and be successful when both are healthy in every way.

**Stress Management Institute (SMI)** helps identify stressors, builds emotional resilience and provides companies and participants with unique evidence-based toolkits to manage and reduce stress. The outcome is a more agile workforce who have grit and mental toughness. SMI works to support individuals to bring about sustained integration of the mental, emotional, physical and energetic factors that are the determinants of building resilience.

Resilience is a very personal resource and everyone has different levels of skill. Two people can experience the same situation, one will find it stressful and the other will not. This is why a one-size-fits-all approach is not effective. During the **Build Emotional Resilience in the Workplace** training, participants will learn and experience evidence-based resilience techniques and strategies for ‘bouncing back’ and building mental and emotional toughness.

The training will support participants to build their own Emotional Resilience Toolkit from the methods that work best for them. There are over 30 evidence-based tools and strategies covered within the training.

Each training begins with every participant assessing the current levels of resilience in their business role using our proprietary Work-Related Emotional Resilience Test™. At the end of the training, with tools and strategies in place and practiced, each participant is re-tested to check that the new learnings are locked into new mind-brain pathways to ensure that positive change is sustainable.
Our techniques include:

Guided meditations, visualisations and imagery, reframed thinking, detaching, re-channeling brain pathways, neuroplasticity exercises, focused positivity training, choosing emotional intelligence, mindfulness, re-calibrating emotional responses, creating healthy and useful hormonal responses, precise breathing and Applied Kinesiology testing.

Outcomes. At the conclusion of this workshop participants will:

- Have developed an emotional resilience toolkit
- Learn how to remain calm in previously stressful situations
- Be able to identify stress triggers
- Differentiate between ‘good’ and ‘bad’ stress
- Have tools to engage positive psychology
- Be happier and more productive in the workplace
- Build better relationships with work colleagues and loved ones
- Complete each day with greater energy and focus
- Be more resilient to life’s challenges

Structure of Workshop:

The workshop will include a course workbook, case studies, activities, role play, demonstrations, the Work-Related Emotional Resilience Test™ and facilitated discussion.

Who Should Attend the Workshop:

Team leaders, managers, HR staff and employees who are interested in building their own Emotional Resilience Toolkit. We train individuals and teams with sustainable, self-care solutions, tools and strategies to empower resilience and calm, and increase productivity levels.
Course Outline

Unit 1: Course Overview and Introduction
- Work-Related Emotional Resilience Test™ - self assessment
- Work-Related Emotional Resilience Test™ - Applied Kinesiology tested
- What are your desired outcomes from the training?

Unit 2: The Science of Emotional Resilience
- What is emotional resilience?
- The seven common traits of emotional resilience
- ‘Good’ stress vs ‘Bad’ stress
- The four types of stress
- The Somatic Nervous System
- The Autonomic Nervous System

Unit 3: The Science of Building Emotional Resilience and Your Brain
- Core brain and Amygdala
- Reticular Activating System (RAS)
- Hormones and HPA
- The Three Brains
- Conscious vs Subconscious Minds
- The 6 Laws of the Mind
- The Creative Process

Unit 4: Tools and Strategies to Build Emotional Resilience
- Experience a variety of tools and strategies to become more resilient in the workplace

Unit 5: Workplace Strategies and Solutions
- Explore and workshop solutions for specific workplace challenges

Unit 6: Integration Processes
- Work-Related Emotional Resilience Test™ - self assessment re-test
- Work-Related Emotional Resilience Test™ - Applied Kinesiology re-test
- Create your workplace and personal Emotional Resilience Toolkit and Strategic Plan
- Integration process and conclusion
Build Emotional Resilience in the Workplace Duration: 1 Day

Building resilience and managing stress is not a quick 2-minute fix. One day is the minimum duration required to make a real difference in the ability to handle stress and to lay the foundations of new strong emotional resilience practice. We encourage participants to take responsibility for developing their own resources and outcomes by routinely engaging in practices and using the emotional resilience skills chosen from the suite of tools we provide.

Supporting Behavioural Change:
To continue helping you to become more resilient to life’s challenges in the workplace, we offer additional support in the form of a second 1-day followup training three months later: The Impact of Emotional Resilience on Workplace Performance.

To enhance this emotional resilience experience, as an added extra, we offer the Emotional Resilience for Life Program. It is an online, multi-media e-class learning and support system delivered weekly via email to each participant with a resilience tool or strategy.

We also offer one-on-one coaching and mentoring services.

Course Times: 9.00am to 4.30pm (Registration opens from 8.30am)

To book this program for your Company:
Email: info@StressManagementInstitute.org
Or call: +61 1 300 663 979

“This training has not only provided me with tools to deal with stress but has supported the development of an impenetrable positive mindset! My logical business brain would ordinarily dispel this type of content, however, the logical brain measures outcomes and the course delivers plenty. The tools gained are powerful and extremely useful. John and Judy’s philosophy is based on the power of language and visualisation – the underpinnings of change and learning organisations – which are present in all transactions, and begin with each individual through the power of the mind and through our thoughts. Tapping into mind or brain pathways makes for the opportunity of powerful outcomes. I would recommend their program on numerous levels to achieve many individual and business goals.”

Julia Krawitz, Training Manager, Police-Citizens Youth Clubs, QLD, Australia.