

Going from Stress to Strength



Building Resilience in Times of Stress and Change.

Health Edition 

The need to understand and manage the impact of change is a critical skill in the pressure of a daily medical environment. Most psychologists agree on one fact: prolonged periods of stress or continued change in the workplace will result in burnout, fatigue, job dissatisfaction, depression and ultimately create retention risk to employers. The good news, however, is that it is preventable. When you discover the key strategies for managing your personal resilience levels, you can reduce your work stress dramatically.

'**Going From Stress to Strength**' workshop is designed specifically for medical staff to help discover key strategies in managing the impact of stress in both the workplace and life. It is designed with a holistic focus and helps participants to identify the possible triggers in their work and personal life, as well as assisting in creating a practical plan to develop resilience. This workshop uses proven methodology and practical activities to bring empowerment and strategy to create a positive emotional state.

Designed for?

- > Going From Stress to Strength is applicable to anyone who is looking for ways to reduce stress and increase their daily performance.
- > It is aimed at all levels of organisation and is relevant to senior and middle management, as well as those looking for new and fresh ideas to build better resilience levels.
- > All levels of the medical practice - it is relevant to management, frontline and administrative staff.
- > An ideal group size is 6 – 15 participants.

Key Learning Outcomes

- ✓ Critique individual personal resilience levels.
- ✓ Sail through daily tasks rather than a crisis management approach.
- ✓ Identify and label common stressors.
- ✓ Differentiate between positive and negative stressors.
- ✓ Recognise the tell-tale signs when resilience levels are dropping.
- ✓ Anticipate struggle points and influence positive outcomes.
- ✓ Scan activities to build resilience levels.
- ✓ Differentiate between positive and negative stressors.
- ✓ Practice the art of unconditional surrender to events you have no control over.
- ✓ Stay motivated and think with the end in mind.

Live Face to Face, Virtual or Hybrid



Power Sessions



Half-Day



1-Day



Coaching

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