

Leading your Team From Stress to Strength



Building Team Health, Strength and Positive Momentum.

There is no doubt that recent times have called for marathon resilience levels as organisations seek to navigate the rapidly changing corporate landscape. Over prolonged periods of time the social and workplace stress impact create heavy loads on individuals making it hard to maintain successful levels of performance. Most psychologists agree on one fact: that 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.

'Leading Your Team from Stress to Strength' has been developed in response to organisations looking for support strategies to help leaders build the preventative steps needed to avoid engagement and retention risk issues. It has a holistic focus to equip leaders with practical solutions that improve employee stress impact levels and build preventative solutions, particularly if leading hybrid models.

This workshop includes practical activities and focuses on empowering leaders with the tools and solutions to create a positive emotional state when supporting the resilience levels of the team.

Designed for?

- > This workshop is applicable to leaders who are looking for ways to support the stress impact for their teams.
- > This program is aimed at coordinators, managers, team leaders and anyone who leads a team.
- > Those looking for new and fresh ideas to build better resilience and engagement levels for their team culture.
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- > An ideal group size is 6 – 15 participants.

Key Learning Outcomes

- ✓ Wear a hypothetical 'coat of armour' that boosts your grit and resilience and gives you the skills to handle any challenge thrown your way.
- ✓ Overcome common stressors and mental roadblocks found in flexible and diverse team environments.
- ✓ Lead confidently and maintain team engagement and cohesion.
- ✓ Identify when stressors are starting to take their toll on yourself or your colleagues and implement effective strategies to overcome them.
- ✓ Remain creative under pressure and have the ability to do your very best work when a deadline or situation isn't working in your favour.
- ✓ Respond to negative events with calmness and professionalism and practice the art of surrendering to the events you have no control over.
- ✓ Maintain a clearly defined work-life balance that makes you feel great about both your career and your personal life
- ✓ Prevent 'career self-sabotage' and professional burnout and ensure you're always working on ways to improve your skills and those of your teams.

Public Workshop, Customised In-house

Live Face to Face, Virtual or Hybrid



Power Sessions



Half-Day




1-Day



Coaching

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