



face value

PERFORMANCE PSYCHOLOGY

Managing Stress, Building Resilience

A half-day skills workshop from Face Value

A course with the title 'managing stress' could be seen as negative and deter people from attending. 'Building resilience', however, comes with positive connotations of getting by and surviving. In reality, stress and resilience are related and on a continuum: the less stressful a situation becomes, the more resilient the individual is becoming. And it works the other way too. We're all somewhere on the 'coping well – coping less well' continuum.

In this half-day course, you will cover the following learning outcomes through individual, paired, small- and whole-group activities:

- What is stress and why do we have it?
- What are your emotional triggers and how strong are they?
- What do you notice in yourself when under pressure?
- How do you cope with stress? Five factors that make stress more or less manageable.
- How your thinking becomes distorted when emotional.
- What is it about these challenging moments that is important to you? What do you need? What is it you're expecting? What are your values?
- How to plan for a future challenging situation: creating an 'If, then...' statement or plan.

Course key information

- Half-day course (AM or PM).
- Full-day course formats are also available.
- In-person or virtual delivery (MS Teams).
- 3 hours of delivery + 30 minutes of breaks.
- Interactive sessions with small-group work.
- 12 delegates only (min. 6 required to run).
- Full-colour course workbook.
- Refreshments and pastries upon arrival.
- Open/public: £99 + VAT per delegate.
- In-house: £750 + VAT for 12 delegates.

Face Value is a Sheffield-based business which draws on over 30 years of experience in operational management, leadership development, organizational behaviour and neuropsychological coaching to provide evidence-based, bespoke and practical services to businesses across Yorkshire and the United Kingdom. Get in touch today to discuss how we can help you!