



Resilience and Stress Management at Work

Date: Location:

Facilitated by

Wendy Turner-Larsen MA MS MA

Leadership/Brain Health Coach, Training Consultant

Includes:

Light breakfast, refreshments, lunch, self-assessments, certificate of attendance and participant manual.

Facilitator: An expert in stress resilience, **Wendy Turner-Larsen**, leadership/brain health coach and training consultant, has over 20 years experience coaching stressed out, burned out employees and leaders. Her comprehensive education and vast experience in psychology, leadership development and brain health coaching, comes together to deliver a resilience training session like no other. Wendy is often contracted by organizations to coach difficult employee issues utilizing her extensive experience in human behavior and leadership development, stress and workplace issues.

What people are saying:

- "I will apply this material. It was great!"
- "I learned how quickly you can control your emotions and calm yourself."
- "More take aways than expected. I feel empowered to make some of the recommended changes."
- 100% of these participants agreed that learning to manage stress is relevant to the workplace.

This workshop is facilitated by

Wendy Turner-Larsen

M.A. Counselling/Psychology

M.S. Health & Nutrition Education

M.A. Adult Education (Leadership)

Personal Excellence Program Director

President Turner Larsen Consulting, Regina, SK

A One Day Resilience in the Workplace Workshop 9:00 am – 4:00 pm

Location:

This is not your typical stress-management course! This is not a superficial course, skim the surface type of session. This course does not give you a list of techniques. It is an indepth look at the complexities of stress and the impact on employees in today's changing workplace and as a result how the brain, emotions, and physical body are affected.

Resilience and well-being lead to increased engagement and productivity!

"More than experience or training, resilience in the face of stressful situations and rapid changes determines whether you ultimately succeed or fail in the workplace." Salvatori R. Madedi & Deborah M. Khoshaba, authors Resilience at Work

"In 2010, slightly more than 1 in 4 Canadian workers described their day-to-day lives as highly stressful, according to the General Social Survey (GSS)."

Stress Resilience and Well-being and work: Over-stress and negative emotions get in the way of effective leadership, employee engagement and workplace performance. Employees that are calm, energized and focused are more resilient and better equipped to meet the changes and challenges at work and more able to navigate difficult relationships, manage conflict successfully and quickly recover from emotional or workplace setbacks. In order for employees to be effective at mastering the required workplace competencies, they need to excel at demonstrating consistent, positive emotional and stress self-management and resilience.

Course Content:

- Address what impedes resilience:
 - Self-Sabotaging Thinking and Behaviour –identify and understand your self-sabotaging beliefs and patterns
 - Poor choices and lack of boundaries – you are responsible!
 - Lack of emotional awareness and self-management
 - Poor physical & brain wellness (exercise, nutrition, etc.)
- How to develop resilience:
 - Identify and change thought patterns to change behavior
 - Positive psychology
 - Learn techniques to reduce chronic stress
 - Increase emotional awareness and develop skills for emotional self-management
 - Learn about the science of nutrition and brain health and the connection to resilience and stress management
- Self-Assessments –participants are provided with confidential self-assessments to identify symptoms, causes and effects of stress.

[More information or contact:](#)