



## Leading Through Stress

*A Leader's Guide to Seizing the Stress Management Opportunity*

3 ½ hour Delivery Format

### **Overview:**

One of the biggest challenges facing leaders today is the accelerating pace of change and stress in the workplace. For most teams, the pressures of shifting priorities and the never ending need to do more with less have created a very real barrier to engagement, productivity and morale. Not surprisingly, the leader's capacity to manage stress has a tremendous impact on team resilience. In addition to employing a wide range of stress management strategies, today's leader must also be able to maximize time to ensure high efficiency across functions. In this hands-on and highly interactive workshop, leaders explore a variety of techniques for effectively managing stress and time as role models.

### **Core Contents:**

- Understanding the forces of stress
- Creating a context in your world of work
- Controlling the "Controllables"
- Managing the impact of stress
- Discovering the role model opportunity
- Gauging your stress management capacity
- Exploring your "time-bandits"
- Understanding your time management personality type
- The 4 Ds of time management
- The clock *versus* the compass
- Defining your stress management strategy

### **Learning Objectives:**

- Identify and explore stress drivers
- Create a framework for understanding the key dimensions of workplace stress
- Build awareness of what *is* controllable and what *is not* controllable
- Gain clarity around the five stage continuum of effective stress management
- Examine the leader's role in building employee resilience
- Assess current capacity to manage stress through the *Workplace Stress Inventory*
- Create a context for identifying and managing time wasters
- Explore the six most common personality types within a time management context
- Develop a meaningful framework for maximizing time and efforts
- Explore the link between visioning and productivity
- Examine a wide range of proven stress busting techniques