

# tomorrowtraining



## How to *cope with stress*, and the perceived *lack of time* whilst learning about, adapting to and managing yourself in the *new world of work*:

Certainly there is a link between feeling like you don't ever have enough time and feeling stressed. Ultimately it is a vicious circle because the more stressed you feel about not having enough time, the more time you spend worrying about how stressed you are and potentially the less productive you become. Stress can also lead to procrastination and lack of motivation, which also ultimately wastes time. The healthier you are the more productive you are able to be.

With delegates, we discuss the reality of living and working in *the new world of work* in order to identify what stops them from using their time effectively. We ask them how they grew up. What their parents, teachers and primary care-givers told them to expect from the world. What kind of advice they provided. We question whether anyone could have predicted this changing world and how all this affects us today in terms of how we feel about our achievements and effective productivity? Lastly we look at our perception of stress. We introduce delegates to the three states of the brain where we store trauma, how we can progress to find empathy which results in our ability to make rational, productive and objective decisions.

This course can be trained over 1, 2 or 3 days. Please contact Laura for more information regarding costing.

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