**STRESS MANAGEMENT TRAINING**

**OUTLINE**

**Brief**

To raise awareness about stress and provide individuals with the techniques and skills to combat the impact of stress at work and in other areas of their life.

**Course Aims**

The aim of this course is to provide staff with the skills and knowledge to recognise the effects of stress in themselves and to have a wide variety of practical techniques that they can use to eliminate, reduce and cope with stress more effectively.

**Approach**

We use a cognitive/behavioural approach to challenge the way that we think about stressful situations and to encourage discussion.

**Course Objectives**

By the end of the programme participants will be able to:

- Define stress
- Describe what causes stress.
- Identify their personal signs and symptoms of stress.
- Understand the physiology of stress and its impact on our health and performance.
- Use a range of practical techniques to prevent and manage stress.
  - This includes:
    - Ways to avoid, alter, accept and adapt to stress.
    - The importance of thinking.
    - Methods of improving well-being.
    - Practical proven relaxation techniques

Our session encourages discussion and participation, whereby a safe environment is created to enable sharing of experiences.

We can modify our courses according to what your budget is and needs of your staff. Please contact us and we will discuss your requirements.
Brief Biography of Trainer:

Lubna Latif graduated from Hull University with a BSc in Psychology and a Masters in Criminology. She has lived and worked in Dublin, Chicago, Sydney, Melbourne and Manchester. Her job roles including, telesales advisor, researcher for a prisoners organisation, legal advocate for a domestic violence shelter, Managing Director for a community group and as well as working for the Crown Prosecution Service. She is Managing Director of At One Holistic Therapy Ltd and is passionate about raising awareness about how we can improve our health and wellbeing. She has been a trained Holistic Therapist for over 10 years and has accumulated a wealth of knowledge about how to manage our lives with less stress and with better health.

Her varied life experience, friendliness, knowledge and passion are key for making her a captivating and refreshing facilitator of change.

Lubna loves keeping fit, walks in nature, having adventures and continual self development.

Testimonials:

“Engaging, interesting, entertaining and trustworthy”.

“Really good. Very knowledgeable and really friendly”.

“Very informative and likeable”.

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