



MANAGING THE PRESSURES

Tuesday 16 May 2017

COURSE LENGTH : FULL DAY

VENUE : CORPUS CHRISTI COLLEGE

COURSE COST : £150.00+VAT PER PERSON

Description

Our lives are now faster than ever with more pressure to achieve. This workshop is designed to help participants to better understand, manage and prevent the effects of pressure, allowing them to find and perform at their own optimum level. A demonstration of one or two alternative therapies will be given. The course is designed for anyone who needs advice on how to identify and resolve everyday pressures more effectively.

What they will learn

How to analyse the pressures in their lives | The effect of stress on health and well being |
Coping strategies | The benefits of alternative therapies

Course Content

Tension, strain or feeling under pressure - What do you regard as pressure? How much pressure can you handle?

Your body's reaction to the effects of pressure - Stress and health, How do you react? How does it affect you? Choice, congruence and challenge.

Logical levels of stress - Beliefs and values, Capability, Behaviour.

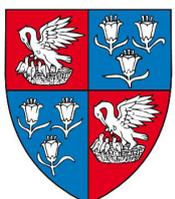
Strategies for Dealing with Stress - Reality is what you make it, Optimism strategy, Paying attention to the signs, Healing options.

Feedback and Review

Certification

Certificate of attendance

Corpus Christi College
CAMBRIDGE



For further information and to book contact the:

Conference Team at Corpus Christi on 01223 337144 | www.corpus.cam.ac.uk/conferences