

Managing4Success: Stress and Motivation



Maintain a positive attitude and manage stress for improved performance in the workplace

What You Will Learn

- Recognize that stress is a positive, unavoidable part of life
- Understand the importance and effects of motivation in the workplace
- Learn proven techniques for coping with and overcoming stress
- Recognize the positive and negative stress in your life
- Develop your confidence and self-esteem
- Learn the effects that stress has on your performance
- Develop techniques to help manage stress right now
- Overcome the rationalization of ANTs
- Recognize your roadblocks and discover your peak performance
- Understand the study of stress and its impact on your life
- Learn better time management skills for increased efficiency
- Identify the un-motivating components in your life
- Learn how to deal with change and conflict

Who Should Attend

- Professionals who want to improve their stress management techniques
- Managers & Supervisors
- Individual Contributors
- Anyone who wants to gain or maintain motivation and PMA
- Unmotivated Individuals or Teams

Course Duration

- 8 hours



Managing4Success: Stress and Motivation is a highly interactive workshop that will teach you proven techniques to help you successfully manage stress, improve motivation and reach your peak performance in the workplace. Stress is a fact of life that can not be avoided. Both stress and un-motivating factors can have a detrimental effect on success. When you recognize the causes, you can turn them into positive situations and create a more dynamic, loyal and energized workplace with greater efficiency and productivity.

Course Outline

- **Stress and Motivation Fundamentals**
 - What is Stress?
 - Understanding Motivation & Enthusiasm
 - The cause and effect of Stress
 - Positive Mental Attitude (PMA)
 - Un-motivating Factors
- **Positive Mental Attitude**
 - Developing the right attitude
 - Accentuate the Positive
 - Overcoming Challenges
 - Creating Desire
 - The Power of Visualization
 - Optimism & Motivation
 - Finding your Passion
- **Responding to Stress**
 - Stress Inventory
 - Fight or Flight
 - Lifestyle Changes
 - Physical, Mental, and Emotional
- **The Motivation Process**
 - Motivation Process to Succeed
 - Plan
 - Identify
 - Implement
 - Evaluate
 - Commitment
 - Peak Performance
- **Managing Stress**
 - Stress Charting
 - Relationships
 - Communication
 - Perceptions
 - Stages of Stress
 - Realistic Expectations
 - Necessary Stress
 - Change Stressors
 - Stress Management Techniques
 - Overcoming Procrastination
 - Time Management Tools
- **Managing Conflict**
 - Effective Teams
 - Phases of Team Building
 - Defining and Recognizing Conflict
 - Conflict Response Strategies
 - Resolving Conflict
 - Dealing with Difficult People
 - Assertiveness
- **Continuous Personal Development**
 - Motivation and Stress Resources
 - Motivation and Stress Tools
 - Satori Moments
 - 21-Day Habits
 - Personal Commitments
 - Recommended Reading

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