



## Stress Management

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Modern stress is a health hazard and a short road away from burn out. Channelling the pressure of working into today's business environment is essential to your performance and well being.

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This one day programme will show you how to put into action practical strategies to turn harmful stress into positive drive. Taking control requires a strategic and forward thinking approach to the way you prioritise and balance all the issues and challenges in your work and private life.

Today's market is tough. Achieving the success you desire whilst maintaining the balance in your life that you need is a tough challenge faced by most business executives. Living a full and challenging life can be very rewarding but it takes the implementation of cutting edge strategies to find the balance. The work life balance challenge is high on the agenda for most blue chip organisations.

The aim of this programme is to allow you to understand what stress is and the effect it has on you. Once understood we will share cutting edge strategies to help you harness the positives that come from living in a challenging environment, with practical advice that you can put into action straight away.

The good news is that having trained literally thousands of business people, we know that most people have what it takes to put into action a plan that reduces stress and enhances performance.

The reality is that knowing what do to achieve the results you desire is often not the hard bit, it's doing it consistently, willingly and with passion that makes the difference. Winning habits are easy to form but it's much easier not to bother. You will leave this programme with a clear strategy for success and a fire in your belly that will ensure you put the learning into action.

We give you the keys to managing stress and show you how to sustain your plan. Stress Management gives you the techniques and skills you need to deal with and harness the pressure you are feeling. Our programme has been written using best practice and is presented in a simple and easy format.

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Here are just a few comments from our delighted clients:

**YELL** “..produced the best ever set of results in the history of Yell.”

**NHS** “Lammore met the specification and programme outcomes perfectly. Absolutely brilliant!”

**GOOGLE** “..an outstanding training experience.”

**OPODO** “..training content very relevant and focused for delivering benefits in my role.”

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## Stress Management cont

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### You will be able to:

- Understand stress
- Understand how it effects your body and your performance
- Identify what is creating stress for you
- Avoid stress building up
- Self discipline and work life balance
- The big rocks prioritisation theory
- Pleasure lists
- Diet and Physical ways to reduce stress
- Time Management and prioritisation
- The principles of leverage
- Action Planning

### Who should attend?

- Anyone in business who would like to develop ways of harnessing stress

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### Here are three great reasons for attending the Stress Management programme:

At Lammore Consulting, our mission is to provide training events that entertain, inspire and make a difference.

**Inspire:** Our delegates come away from our programmes feeling inspired and ready to meet their challenges head on. The material has been researched and written to meet key business needs in the real world.

**Entertain:** We promise to deliver our training events in an upbeat and fun way. Our speakers are professionally trained and experienced in the world of business and entertainment, and know how to engage an audience.

**Make a Difference:** A training workshop is only effective if the learning is implemented. All delegates attending a Lammore development programme are followed up through regular online contact to ensure that their personal development plans are being put into action. In addition we encourage 'Action Learning' events to take place within one month of the training being undertaken to re-enforce the key messages of the programme.

“ an outstanding training experience ”  
google

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**MASTERFOODS** “..more original and energising than any management book..”

**AUTOTRADER** “..fun style of training..coupled with in depth knowledge..”

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