

CRITICAL TRAINING SOLUTIONS, L.L.C.



Moving From Stress To Serenity

Stress Management with *INSIGHT*

Dealing with anxiety and tension is a project, and like any project there are tools that make it easier and more efficient.

As a result of this training, you will:

- Know your personal stress triggers, and those of others.
- Understand the difference between useful worry and toxic worry.
- Learn how change can be stressful, and how the stress can be managed out of change.
- Have new tools to deal with confrontation, disappointment and unforeseen consequences.
- Deal with job-specific anxiety issues and get job-specific solutions

Course Content

- Where do I find my stress payoff?
- The physical, mental, spiritual and social layout.
- The Guilt Train: What stops does it make? How can I get off?
- Navigating my personal Stress Map.
- Putting anger, fear and sadness in their place.
- Stop catastrophizing! Start observing.
- Feelings vs. Judgements; Data vs. Wants
- Working with, living with, dealing with people who are not like you.
- **Transformative Mediation:** the key to team building.
- **Directional Dialogue:** How to have that “hard talk” with *that* person