



COACHING: STRESS MANAGEMENT, SELF-CARE AND RESILIENCE

Available Formats and Pricing

Twilight Introduction
Half Day Development
Full Day Comprehensive

Available Online or Face to Face
*Priced per head with Group
discounts available

Course Introduction

Often overlooked in a busy business environment, is the well-being of young employees. It can take a breaking point issue to really grasp the importance of initiating, developing and maintaining qualitative and quantitative staff well-being.

An investment in staff well-being raises awareness of the importance of staff, and upskills them to take more control over their own well-being. When staff are more at ease with their own well-being, this has a very positive impact on productivity and achievement.

Course Outcomes

By the end of the INSET, delegates will have:

- Identified and defined what stress is
- Identified different types of stress ie panic attacks, depression, anxiety
- Measured stress through a stress audit
- Identified stress triggers
- Reviewed current coping and preventative mechanisms
- Identified additional coping and preventative mechanisms
- Introduced strategies for coping for life enhancement and enjoyment

Trainer Profile

Ross McWilliam has been involved with formal education for over 30 years and has probably changed the lives of over one million children, young adults and professionals within the field of mindsets.

He has worked with over 1,000 schools and businesses and has a real passion for helping to develop and sustain professionals.

Ross is accredited by Mental Health First Aid England (MHFA) and delivers training and keynote speaking at various national conferences, school clusters and business managers forums.

"I have worked with Ross for a number of years. Beyond his knowledge and qualifications, he has a clear knack of engaging and connecting with his audience. He is authentic and his delivery is bespoke every time. He is a leader in mindsets."

- David Fann, Associate Headteacher, Former NAHT Secretary



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