

Building Resilience and Stress Management

Our Vision

At PRIMEXL we aim to be the partner of choice in the creation of better organisations and better lives.

Our Values

We value:

- **Meaningful relationships**
- **Premium quality services**
- **Innovation** – we are always looking for ways to add more value to our clients
- **Accountability for our performance**

For more information about our suite of solutions, please contact:

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Life is increasingly demanding on our resources and as such we are required to do more with less, which creates stress! That said, is all stress bad?

Learn to identify the symptoms, the causes and discover how to manage stress to enable you to lead a more balanced and effective life.

This one (1) day workshop will provide you with a range of proven and practical strategies to help you take control and minimise the effect of stress in your life.

Learning Objectives

During this course participants will:

- Acquire a sound understanding of what stress is and how it affects us
- Develop an understanding of an effective stress management framework to address any stressful circumstance
- Learn a number of effective and immediately applicable strategies to address and prevent stress

Outcomes

At the completion of this course participants will:

- Be able to recognise the signs of stress in themselves and in others
- Understand how to use stress to get a positive outcome
- Develop a personalised stress management plan

Who Should Attend

This workshop will benefit anyone who feels under pressure and wants to learn some proven strategies to assist them to get more out of life.