

DYNAMICS OF STRESS MANAGEMENT™

Introduction

Stress can be defined as “The physical, mental and emotional response to any condition which disturbs the normal equilibrium or stable state of the person”.

This means that stress is a response, not stimulus as most people think it is. The response is to make adjustive demands to restore the body to its stable state.

In order to understand stress, and to measure its effect on people, we need to understand something about the physiological and biochemical changes in our body, as well as how under different personality types respond, when under stress.

Learning Objectives

By the end of this program, participants will

- Understand how personality, gender and culture influence thinking, emotional and learning styles.
- Recognize a range of different thinking styles and types related to this program.
- Understand the nature of stress and its various causes, sources consequences
- Recognise the differences between the positive and negative stress and how the stress response system functions
- Appreciate how different personality types, attitudes and perceptions influence our coping mechanism when in stress
- Be able to know and select both preventative and curative strategies to cope with or manage stress – in self and others.
- Have assessed their own personality type as it relates to either individual or organizational stressors and their effects on heart, health and behaviour
- Know how temperament, relations, gender and age differ in terms of stress
- Develop a personal development action plan

Workshop Contents

- Influence of Personality, Gender and Culture on Thinking and Learning
- The Nature of Stress
- Reducing or Preventing Stress
- Psychological Hardiness
- Causes and Sources of Stress
- External Environment Stressors
- Organizational or Work Stressors
- Some Dimension of Coping
- More on Preventing and Curing Stress
- Personality Types and Stress
- Positive/Negative Type A and B
- Temperament, Relationships, Age and Stress
- Peak Performance and overcoming fatigue
- Personal Development Action Plan

Workshop Methodology

A key and unique feature of this workshop is that all participants will complete a personality traits survey form, resulting in a detailed personality profile. This will enable participant's to discover their own preferred cognitive and emotional styles, which in turn can strongly influence the dynamics of thinking and learning relating to this workshop .

Workshop design incorporates a variety of methods to both stimulate active learning and appeal to the mix of participants preferred learning styles. Building on participant personality profiles, a number of interactive exercises, games and group discussion help them to understand the different thinking skills needed. Where appropriate, selected multimedia, video or power point visuals augment a comprehensive manual of notes. The workbooks are professionally laid out, appealing to the learner and capturing key learning points and post workshop actions.

Workshop Duration

This can be designed as a 1, 2 or more intensive 3 day workshop, subject to client's needs.

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