

SHOALHAVEN BUSINESS CHAMBER PRESENTS BUSINESS MASTERCLASS

TOPIC: STRESS RESILIENCE PRESENTED BY SUE BRODIE, MINDSTREAM

The World Health Organisation calls Stress the 'health epidemic of the 21st century. Build Your Stress Resilience at work and with people you interact with on a daily basis. Resilience is a skill. When you learn the skills for taking the sting out of stress you can use it as a super power, tap into it when need extra oomph to start something new, handle obstacles with grace or just keep pace with your full, rich life without letting stress rule you or sap your strength.

Where: Quest Nowra, 7.45am for 8am start

Cost: \$100 members/\$180 non members for all 4 work shops OR
\$30 members/\$60 non members per workshop

WORKSHOP 1 - MONDAY 9TH OCTOBER, 8AM - 10AM **STRESS RESILIENCE**

There are many stressors in this modern world that can lead to low levels of resilience. If you don't learn how to cope with your stressors, this can impact your wellbeing and focus at work. This two hour workshop gives you an understanding of what is Stress Resilience and sets you up for building your resilience over the next 3 weeks.

WORKSHOP 2 - MONDAY 16TH OCTOBER, 8AM-10AM **THINKING TRAPS**

Our heads fill with them on a daily basis - some of them are good and some of them are neutral, some of them are kind to us and some of them are very brutal. In this 2 hour workshop we look at the 7 most common Thinking Traps and ways to avoid falling into these traps.

WORKSHOP 3 - MONDAY 23RD OCTOBER, 8AM-10AM **EMOTIONAL DETECTORS**

Each of us has a built in emotional detector or radar and this works like a scanner - its always looking for clues to trigger our emotions based the way we see the world. Sometimes accurately and sometimes not. In this 2 hour workshop we look what to do in a resourceful way when our detectors start pinging away.

WORKSHOP 4 - MONDAY 30TH OCTOBER, 8AM -10AM **MINDFULNESS**

Mindfulness gets really interesting when we start to integrate it into our everyday life. The benefits of being more mindful are: Clarity, Focus and Calm - imagine having each three of these Super Powers everyday! Mindfulness busts procrastination, builds confidence and reduces stress. This two hour workshop gives you tips to become more mindful each day.

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