

# Managing the Pace

## A workshop for all staff

Managing stress levels in the workplace has become a key business skill as the pressure to perform continues to increase. Employees need a range of skills to be able to maximise performance in a sustainable way. The duty of care to protect employee mental health through risk assessment, training and support is leading many organisations to provide comprehensive stress management training for employees.

Other key drivers are rising absence levels due to stress, and the risk of litigation. But the best reason for training employees how to cope with, and even thrive on stress, is that they will be healthier and happier, more productive and creative.

Managing the Pace has been designed to emphasise personal responsibility for health and stress levels, and to encourage habits for renewal and balance.

*Participants will learn:*

- how to recognise when pressure and stress are getting out of hand
- how to recognise unhelpful mental habits and replace them with helpful ones
- simple lifestyle changes that will make a real difference to productivity
- the impact of emotions on performance, and the benefits of 'emotional intelligence' skills
- key resilience-builders such as relaxation and focusing techniques, getting maximum support and increasing 'calm energy levels'
- how to remain calm when dealing with 'difficult' people

- time management through 'personal management' and simple, practical tips to avoid the tasks that just aren't important.

Delegates receive a succinct workshop summary, and complete an action plan throughout the day to take away. Each participant will also receive a reminder of key action plan points three months post-workshop.

## About the facilitator

The facilitator is Alyssa Abbey MSc, BUPA stress management consultant and physiologist, who specialises in health and performance in the work environment. She has worked for over 14 years with many major organisations and city institutions, delivering innovative and highly effective programmes on a one-to-one and group basis.

**1-day workshop      £1,500 plus VAT**

**1/2 day workshop      £1,000 plus VAT**

**Ideal group size is 8-15; however, the workshop can be adapted for groups of any size.**

BUPA Wellness offers a wide range of psychological services including employee assistance programmes, critical incidence response, and training and consultancy services.

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