

Handling Stress and Pressure at Work Training & Coaching

A truly
transformative
training
experience
by Jillian Sawers



Handling Stress and Pressure at Work

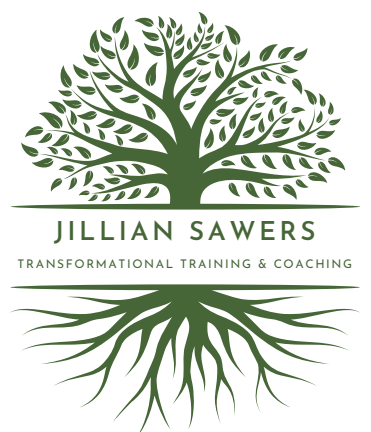
Many of us depend on large doses of adrenalin and cortisol to keep us alert and focused when chasing deadlines. Unfortunately, the long term effect of this is nervous exhaustion. Being in emergency-mode also prevents us from gaining long-term perspective and any real sense of achievement. If we are always fighting fires, we never make time for any fire prevention.

In this transformative course, we will explore the many dimensions of managing stress and pressure.

From building personal resilience to creating a healthy work environment and culture, there is no one answer to maintaining a healthy state of mind and body.

Changing life-long habits of stressful thinking and behaviour requires a deep dive into our personal psychology, temperament style, and a clear understand of the role of the brain, body and mind in the stress process. You will learn to take control of your internal experience of life, as well as how to make changes in your time and life management, and communication style.

From the micro-level of being aware of your stress levels moment to moment and making adjustments, to being more confident and relaxed dealing with difficult people and conflict situations, to exploring the bigger picture of your life, purpose, and values, this course will truly transform your way of thinking about yourself, your relationships, your work and your unique contribution to your workplace and society.



Handling Stress and Pressure at Work

Topics in the training include:

What exactly is stress?

The stress signs and symptoms to watch out for

The real causes and cures for stress

What are your personal triggers?

Your personality style and its unique stresses

Understanding your nervous systems

Ways to activate the para-sympathic response

The 4 levels of stress

How the body, mind and spirit operate as one

The restorative power of sleep and how to get it

The no-stress diet - alkaline vs acidic

Creating a powerful morning routine

How to change deep seated habits

Creating a healthy work environment and culture

Simplifying your life and organising your time and tasks

Life balance for busy people

10 common thinking traps which make us stressed

How to question your thoughts and take control of your state of mind

Using neurobiology to help us change our mood and habits

Instant motivation - how to get out of a rut

Managing your emotions

The difference between emotions and feelings and why it matters so much

The role of ego in our stress responses

Emotional Freedom Technique

Finding meaning and purpose at work

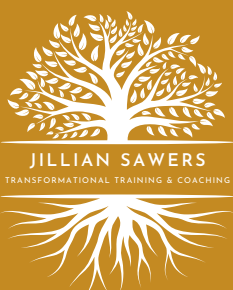
Aligning with your values for peace of mind

Communicating your needs and boundaries clearly and confidently

How to resolve conflict without aggression or submission

How to use mindfulness and meditation to

maintain inner calm and balance



Who is Jillian Sawers?



Jillian has earned the praise of participants to her 1000's of courses over the years, in great part due to her engaging style and her ability to put across information that is clear and practical. She has the ability to build an immediate rapport with her audiences and her relaxed and entertaining style enables her to present deep and challenging personal issues in an easily acceptable way.

Jillian deep and abiding interest from her early teens, in the topics of self-awareness, psychology, philosophy, the connections between science, metaphysics and the transformation of human consciousness have kept Jillian's training insights on the leading edge of human development.

Aged eighteen and undecided on a course of study Jillian took a one way ticket from her home in New Zealand to London. Her first training experiences came two years later in 1990 as an event coordinator, round-table facilitator and workshop facilitator for 'Global Co-operation for a Better World' – an international project in association with the United Nations Economic and Social Council. This lead to being a full-time project and event manager and lecturer with the Brahma Kumaris World Spiritual University in London, organizing events exploring the topic of consciousness and self-awareness within the areas of science, health, mental health, community, social development and creativity.

In this capacity Jillian gave lectures and ran workshops and seminars in the UK, Europe and Asia/Pacific regions. Jillian also conducted workshops on Stress Management and Positive Thinking within the UK prison system.

Between 1996 to 2001 Jillian worked as a trainer for Reed Training, GateHouse Training and Training Solutions, all in the UK. Courses included Time Management, Self Esteem for Peak Performance, Presentation Skills, Running Effective Meetings and File Management.

JILLIAN SAWERS

In 1997 Jillian moved to Istanbul Turkey where she was the National Co-Director of a self-development and meditation association for 14 years, training local trainers and giving lectures, workshops, and retreats throughout the country, as well as Internationally. During this time Jillian also started working in the UAE for the International Centre of Management Training, Abu Dubai, and later began a long working partnership as a senior consultant for Glomacs Training, Aztech Training, Euromatch and Oxford Management, all based in the UK and UAE. Jillian is also an Eating Psychology and Life Coach, having trained with the Institute of Eating Psychology in Boulder Co.