

# Conquering Stress and Anxiety through Mind/Body Awareness



## Course outline

Provided by: Performance Management Consultants – PMC Training

**Reference no.** 128-26

**Duration** 1.00 day(s) | 6:00 hours <sup>1</sup>

**Website link** <https://pmctraining.com/training/conquering-stress-and-anxiety-through-mind-body-awareness/>

### ***Time-tested Techniques for Improved Resiliency and Productivity***

The challenges of the modern work environment – changing priorities, heavy workloads, working with difficult people and situations – frequently result in stress, anxiety and loss of productivity.

At this workshop you'll discover time-tested techniques to develop integrated mind/body awareness to reduce your stress and increase energy, resilience and the confidence to deal with difficult situations.

The course is practical, interactive and fun.

### **Learning outcomes**

#### **At the end of this workshop, you will be able to:**

- Apply techniques for handling stress effectively
- Identify how to harness your body's natural intelligence
- Identify strategies for dealing with difficult people/situations with ease and confidence
- Apply techniques for increasing your energy level
- Develop a personal action plan for maintaining your physical and mental well-being
- Develop creative solutions to short- and long-term challenges

### **Workshop topics**

#### **Biomechanics**

Gain an understanding of the body and how it supports both everyday activities and the mental clarity needed for critical thinking and decision-making. You will learn hands-on methods for deepening breathing

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<sup>1</sup> The course hours reflect teaching time that often correlate with continuing education credits (CEC) or professional development units (PDU). Please check with your profession's governing body, as there is no universal approach.

and moving in a more relaxed manner.

### **The mind/body relationship**

The body has perfect recall, and always moves towards a state of balance—both physical and emotional. You will gain a better understanding of how the mind and body react to stress and what you can do to recognize the symptoms in order to move towards balance.

### **Leadership**

By building self-awareness, we can take a closer look at what is draining our energy. We can also recognize what contributes to our engagement, purpose, and sense of well-being. By growing your own resilience, you create more space to lead others through turbulent times.

### **Personal action plans**

To help you apply what you have learned in your daily life, recommended regimens will be given based on the needs and goals of the workshop participants. These regimens can include yoga, meditation, as well as exercises that can be done while preparing for a meeting or sitting at a desk.

### **Prerequisites**

There are no prerequisites for this course.

### **Who should attend this course?**

Anyone who wants to develop mind/body awareness to reduce stress and increase energy, resilience and the confidence to deal with difficult situations.