

Stress Management for Sustainable Performance



Stress is an unavoidable part of modern professional life. When managed well, it can motivate focus and performance; when unmanaged, it can undermine health, decision-making, and effectiveness. This workshop helps participants understand the difference between productive and unproductive stress and develop practical strategies to manage stress in ways that support sustained performance.

Participants learn a structured, three-option approach for responding to stressful situations and build a personal toolkit of techniques to reduce negative stress. The workshop explores practical routines, relaxation methods, and self-monitoring strategies, while also examining lifestyle factors that influence stress levels. The result is improved resilience, better focus, and the ability to perform effectively under pressure without sacrificing well-being.

Workshop Objectives:

- Understand the role of stress in performance, health, and decision-making.
- Differentiate between positive and negative stress and their effects on behavior and outcomes.
- Apply a structured, three-option approach to manage stressful situations effectively.
- Recognize personal stress triggers and patterns using self-assessment tools.
- Use practical stress-management techniques, including routines, relaxation strategies, and stress-tracking methods.
- Identify lifestyle factors that contribute to stress and make intentional adjustments.
- Strengthen personal resilience to maintain focus and productivity under pressure.
- Support sustainable performance through healthier stress-management habits.



Course Outline:

Module One: Getting Started

Module Two: Understanding Stress

Module Three: Creating a Stress-Reducing Lifestyle

Module Four: Altering the Situation

Module Five: Avoiding the Situation

Module Six: Accepting the Situation

Module Seven: Using Routines to Reduce Stress

Module Eight: Environmental Relaxation

Techniques

Module Nine: Physical Relaxation Techniques

Module Ten: Coping with Major Events

Module Eleven: Our Challenge to You

Module Twelve: Wrapping Up