



## Culture of Calmness & Wellbeing Programme



## **Creating a Culture of Calmness and Wellbeing**

Are you in a team or leading a team where the pace of work is frenetic at best, constant demands both from internal and external customers, conflicting priorities and constant change? Many New Zealand Businesses are controlled overseas which compounds the situation even further adding in cultural differences and time zone challenges. During the day are there times when it's all 'too much' and you or your team are looking at ways to cope effectively and be focused and productive? You may have experienced yourself and seen in your team people experiencing the physiological 'fight or flight response' where they become anxious unable to deal with the one final demand on their time that is just too much for them to cope with the tools that they have?

### **We can help.**

Our team are on a crusade to provide the tools and techniques to create a culture of calmness. This where all team members are able to deal with the constant change and workplace challenges faced on a daily basis. Productivity and engagement will increase, relationships will be authentic and stronger, making it easier to cope with workplace conflict. The effect will be pervasive, once each team member masters the techniques we will share with them their whole life will be positively impacted and overall stress will reduce. Ultimately your team and yourself will be happier, calmer and able to create some truly amazing results.

When you were younger you were taught how to walk, how to talk, how to read and write, and many more useful things that helped you get by in life. But were you ever taught how to manage your physiology through your conscious and subconscious minds so that you are able to not only manage stressors in your life but to thrive on it?

We believe that learning the art of managing the body's fight or flight response and channelling it into productive energy is the most important skill to master as we advance into future.

Prolonged stress and anxiety weakens the immune system resulting in higher rates of chronic diseases and mental health issues. As an Organisation helping your employees to stay calm is one of the most effective ways you can support their wellbeing, happiness and productivity.

### **Pre-Programme Assessment**

For the Culture of Calmness Programme it is recommended that participants complete a targeted assessment and receive feedback on their current stress and anxiety areas and levels. This enables the initial goal posts to be set and gives the participant specific areas to address within the workshop and the individual tailored plans of action.

### **Programme Overview**

A one-day comprehensive in-house workshop will show you how to recognise causes and areas of stress and anxiety. We educate our participants with the knowledge of how the body and mind reacts to stress which in turn causes anxiety and stress related disorders. We empower the participants with simple interactive and effective tools using the latest brain science and mind-body techniques to manage and eliminate stress and/or anxiety responses.

Imagine your staff operating at their optimum, full of positive energy, working at their peak intellectual capacity and easily accessing their ideal creative flow with high motivation levels. This workshop will give employees the tools to manage their stress responses so that they are able to effectively master their physiology and access their ideal state at work and in life.

[www.thepeoplegroup.co.nz](http://www.thepeoplegroup.co.nz)

**In this highly practical course participants will learn:**

### **Eliminating Internal and Workplace Conflict**

- How saying what you really feel will radically reduce your stress.
- How to be radically honest in a kind and gentle way - eliminating conflict from relationships.
- How to be assertive when communicating with others and how this can dramatically help you to reduce your stress.

### **Creating Positive Creative Energy**

- How to use the power of visualisation to master the art of stress management.
- How to re programme and control the subconscious mind to address stress and skyrocket productivity.

### **What is Stress and Anxiety?**

- What causes stress and anxiety and how it affects the body
- What is the impact of stress and anxiety at the individual and organisational level?

### **Monitoring Stress**

- How to look for signals that identify your stress levels
- Why monitoring these signals is the first critical step in addressing stress and anxiety.
- How to observe your emotions when getting stressed and respond to them accordingly.
- How to read body language signals to spot anxiety and high stress levels in others.

### **Managing Physiological Stress**

- How to use diet to manage stress - what foods can cause anxiety and foods that calm.
- Physical exercise that is effective in releasing stress
- Supplements – the best inexpensive products that help to calm and heal the body from the effects of anxiety and stress.

### **Reducing Stress and Anxiety**

- How to use 6 of the latest mind-body techniques to quiet the mind and release stress and anxiety within minutes. (These new cutting-edge techniques are extensively explained and demonstrated so delegates can practice and master them)
- Guided relaxation techniques to release stress and manage anxiety.
- Breathing techniques to help reduce anxiety and stress levels immediately.

**Course Duration:** Either 1 Day or Half Day options

**Course Facilitator:** Lynlee Wilson Registered Organisational Psychologist