

Energy & Stress Management

Recommended for everyone who lives in challenging environment and feels they need an energy boost.

WHAT IT'S ABOUT

Managing and renewing one's energy to make the most of your time and avoid burnout.
Dealing with stressors, pressure, and challenges in an effective way.
Getting recharging tools that support you during high workload and stress.

TRAINING AIMS

By the end of the course, the participants will be able to:

- analyze their current habits in terms of what works and what doesn't;
- leverage the 4 sources of energy to improve productivity and increase control;
- identify work-life stressors and come up with ways for preventing or controlling them;
- plan further activities (including relaxation and focus techniques) to achieve full engagement in work and life.

DURATION & COMPONENTS

Pre-work	Needs Analysis & Self-Reflection during the 1-2-1 meeting with the trainer (0.5h/person)
Session 1	Workshop: Manage your Energy (3.5h) <ul style="list-style-type: none"> ➤ 4 types of energy ➤ Energy audit ➤ Energy Management Strategies (incl. relaxation & focus techniques)
Session 2	Workshop: Seek stress (3.5h) <ul style="list-style-type: none"> ➤ Stressors, Emotions, Distress & Eustress ➤ Circles of Control ➤ Stress management techniques ➤ Communication in stressful situations
Post-course call	What have I used and how it worked (1h)
Time commitment per participant	7h of online/F2F workshops 0.5h of individual pre-course diagnosis 1h of call Up to 1-2h of individual work (habit formation tasks in between the sessions)

TRAINER

Monika Madoń

For trainer profiles please go to <https://accentbusiness.pl/team/>

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