

## Coping with Pressure

90 min -  
½ day

### 'Finding a Positive Outcome'

<p><b>Business Scenario</b></p>	<p>Being under pressure can be seen as a negative influence, however it can sometimes be a positive factor. It may keep us focused on a task, improve performance and bring a real sense of achievement as a result of tackling and overcoming a new challenge.</p> <p>This inspiring discussion is designed for anyone who wants to handle pressure at work in a positive way.</p>
<p><b>Your Booster Session</b></p>	<ul style="list-style-type: none"> <li>▪ Explain the difference between pressure and stress</li> <li>▪ Recognise that stress is a positive part of life of everyone life</li> <li>▪ Explore techniques to effectively manage stress</li> </ul>
<p><b>Action Planning - What will You do?</b></p>	<p>Through discussions and exercises you will explore proven methods for handling pressure enabling you to create an Action Plan for future success.</p>
<p><b>Flexibility of Delivery</b></p>	<p>Active Knowledge Bites™ may be delivered pre-course, post-course or stand-alone – designed as motivational, thought provoking sessions for high impact information sharing – and supported with relevant exercises, material and Action Planning to apply new ideas back into the workplace. Sessions may be tailored and extended to up to two hours.</p>

*Active Knowledge Bites™  
Turning Learning into Action...*

