

In the seminar we will focus on theoretical information as well as hands-on tools that can be used afterwards in the everyday life to prevent stress.

Information

We focus on understanding stress, what is the difference between stress and being busy, causes of stress and symptoms of stress. We will go through the correlation between leadership style and stress, stress in a department and in the organisation and what it takes to be able to see stress symptoms at other colleagues.

Reflection

We aim to let you be able to transform the knowledge you get in the seminar to your everyday life. How do you see and feel your own and others stress? Which one of your tasks causes the most stress and what is stressing your employees the most? At the same time we work with your role as a leader and your opportunities to take action as one.

Tools

You will get a lot of specific tools about handling your own and others stress. We will work with different types of tasks and their impact and with handling stressed employees. We try the difficult conversation with a stressed individual and presents the plan for returning to work after leave of absence due to serious stress.

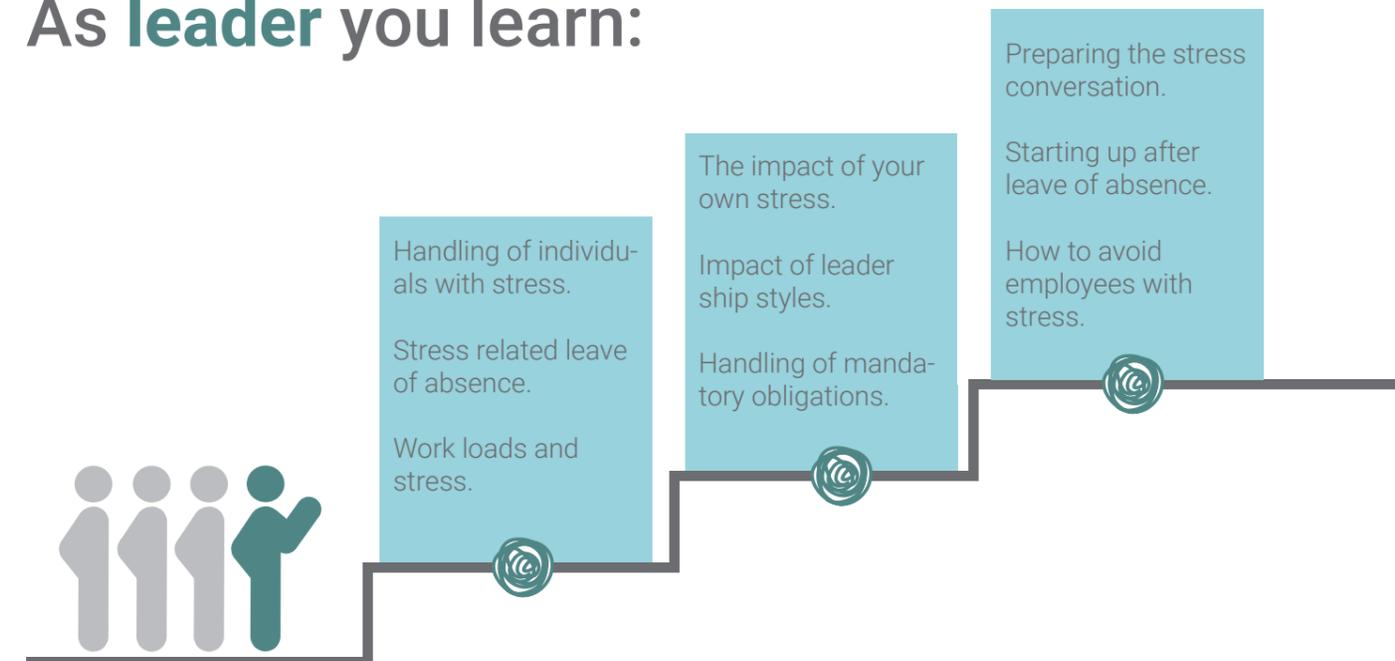
How do you make it work afterwards?

The answer is **follow-up!**

By experience we know that it is difficult to implement the tools afterwards in the day-today obstacles. We therefore offer you leadership coaching in the weeks and months after the seminar which focus on supporting you as leader.

We support at all levels, both individual, operational and strategic.

As **leader** you learn:



As **individual** you learn:



Stress handling seminar for leaders

Subjects in the seminar:

Focus points day 1:

- ▶ What is stress
- ▶ Causes of stress
- ▶ Symptoms of stress
- ▶ Job expectations
- ▶ Work overload

Focus points day 2:

- ▶ Leadership styles
- ▶ How to spot stress
- ▶ The stress interview
- ▶ Starting up after stress related leave of absence
- ▶ Tools and tasks

Target group:

Leaders at all levels, i.e. executive, managers, team leaders and project leaders.

Pay off:

In the seminar you will get knowledge and understanding about stress as well as a lot of tools that you can use right away. In a constructive manner we work with current day-to-day obstacles and find solutions going forward.

After the seminar you have solutions to prevent stress with your employees and handling current stress. The tools can be used proactively for handling your own stress in your everyday life.

Duration and place:

The seminar is held in 2 days with 2-3 weeks apart in the timespan from 08.30-16.00. The time for the seminar is flexible. The seminar can be held at your own domicile or we will gladly help to find suitable conference venues.

Any questions?

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