



Stress Management

Book Online: pathwaysaustralia.com.au | Enquires: 1300 212 212

COURSE OVERVIEW:

Stress is a natural and inevitable part of life. However, if you don't manage it stress can take a toll on your health and well-being. In this course, you will learn how to identify the symptoms of stress, deal effectively with its causes, become more resilient, happy, healthy and in control.

COURSE TOPICS:

- ✓ The basic physiological processes that help us adapt to stress
- ✓ Identify your personal stress signature
- ✓ Recognise avoidance strategies and the harm they cause
- ✓ 4-ways to reduce susceptibility to stress
- ✓ How to minimise worry and the symptoms of anxiety
- ✓ How to self-soothe and reverse the physiological stress response
- ✓ Practise self-compassion and other mindfulness strategies
- ✓ Develop a personal stress-buster plan

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THE FINER DETAILS:



In 2020 this course will be conducted in Sydney, Melbourne and Brisbane. Our venues are all in the CBD and easily accessible



The course runs for one day and will commence at 9:30 am and conclude at 3.30 pm.

\$420 ex GST



Book at least 3 people into this course and get a 10% discount. Use discount code D10 when booking.



Dr Lisa Engel
D. Psych (Health)

About your facilitator:

Lisa Engel is a nationally registered Health Psychologist committed to delivering psychological services that support people to be their best selves, living a life that is aligned to their heartfelt values. For most of her professional life, Lisa has worked to help people to improve their health and as a Health Psychologist, believes that a healthy mind is just as fundamental to wellness as an optimally functioning body. Her areas of specialisation include psychotherapy, counselling, mindfulness training, coaching and of course stress management.

WHAT YOU WILL GET:

- ✓ Engaging and 'hands-on' training
- ✓ A full set of electronic notes
- ✓ Morning tea & lunch
- ✓ Less worry!

WHO'S IT FOR?

- ✓ Senior Management
- ✓ Team leaders
- ✓ Administrative and support staff
- ✓ Direct and customer service workers