

*The Global Emotions Report, surveying 160,000 people in 116 countries found nearly 190 million people experienced significantly higher stress in 2020 than in years past. People suffering stress is on the increase.*

### Stress Management & Resilience Building

At FD Consultants our Trademark ‘Stress Management and Resilience Building’ training is our most popular workshop. We describe this half day training as the basic step for staffs’ wellbeing. It can be used as a stand alone workshop, although we also recommend that it could become part of an induction programme or a yearly refresher training.

It is not surprising that the number of people suffering from stress has increased over the last year. There have been a great number of challenges managing work and home life through the pandemic. We all experience stress at different times in our lives. Sometimes we will feel resilient and productive, at other times we will feel low in energy and find it hard to concentrate. Stress shows up in many ways, physically and psychologically. If we can learn to recognise the signs of stress in ourselves and others, we can learn to manage our stress symptoms better and remain resilient through challenging events.

At times we may be dealing with a crisis, supporting a sick member of the family, going through a relationship breakdown or managing an intensive period of work, all these factors will make us feel that our life is out of balance. Prolonged stress has been proven to be detrimental to our physical health as well as to our professional and personal lives. In some cases, it can even lead to burnout.

Therefore, learning how to deal with stress is integral to remaining effective and efficient at work and at home.



The material in our workshop includes techniques and models that are taken from evidence-based research and recommended best practice in the field of psychology. We offer all our trainings online and face-to-face. We have offered training to staff in over 100 countries and can offer training in several languages.

*Stress levels in the workplace are rising with 6 in 10 workers in major global economies experiencing increased workplace stress (The Regus Group).*

#### Objectives of the training:

- Identify workplace and personal stress triggers
- Complete your personal stress cycle
- Recognise personal stress symptoms and early warning signs
- Differentiate between stress, anxiety, burnout and compassion fatigue
- Gain knowledge of the neuroscience and physiology of the stress response
- Identify signs of stress in colleagues and provide resources to support them
- Create a personal wellbeing plan referring to our RESPECT Resilience model (Dunkley, 2018)
- Identify techniques and tools to increase and maintain resilience

This workshop will provide participants with a general overview of stress management and how to remain resilient through challenging times. Each participant will feel confident in recognising their own stress triggers and symptoms and gain techniques to create a wellbeing toolkit to help them manage stressful times. Each participant will receive a copy of the slides and the stress management worksheets, which they can continue to refer to after the workshop.

*“Very helpful. Practical and easy exercises to retain calm, focus and direction. We should be reminded of these basic resilience steps every six months – a short time investment with a big yield.”*

*(Participant, Charity sector)*

FD Consultants work has been contracted through recommendation and reputation. We pride ourselves on offering a high-quality service with high standards.

*“What an amazing workshop. I learned so much, didn’t notice the time go by, and was surprised just now that it was the end. I really appreciated the way the facilitator distilled their huge experience down into an understandable and usable format. I learnt so much.”*

*(Participant, Humanitarian Sector)*

### Organisational support

FD Consultants are the well-being service who will best deliver a reliable, quick, and bespoke support system in the workplace. FD Consultant’s team of accredited specialists will offer ongoing support to help manage stress, prevent burnout and provide specialist trauma care where required, enabling your staff with the tools to cope, and recover more quickly.