



## *The Psychology of Stress Workshop*

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Greetings and thank you for your interest in this course.

### About this course

The Psychology of Stress Workshop is a fully accredited program, by the *Complementary Therapists Accredited Association (CTAA)*.

Via Zenith Life Coaching & Counselling services in conjunction with the “The Institute of Success Science” accreditation No CTAA 10663086.

It is without a doubt that our workplace has become a toxic environment. The shocking truth is that numbers released by the Australian Bureau of Statistics show that Australians are stressing more than ever.

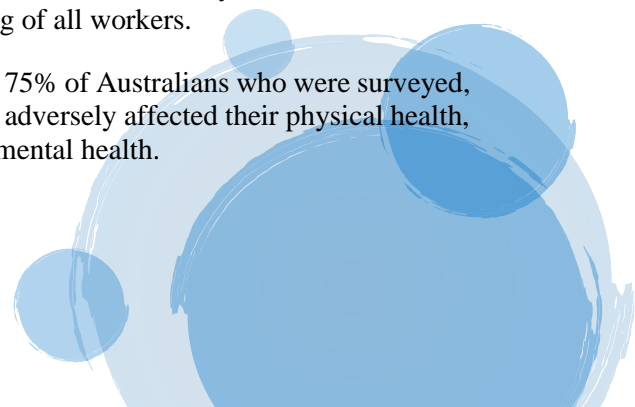
The workplace has become a cornerstone of anxiety, burnout and stress, and it is consuming the wellbeing of all workers.

Current figures demonstrate that 75% of Australians who were surveyed, admitted that stress in their lives adversely affected their physical health, while 64% said it affected their mental health.



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A study conducted by the Australian Psychological Society shows that 2 in 5 Australians reported experiencing at least some symptoms of depression, while 13% report symptoms in the severe to extremely severe range.

To further compound the issue of stress in the workplace, other factors such as finances, relationships and families increase the pressure on the individual who is suffering from the stress onslaught.

This course offers research-based strategies for building a more resilient mind and body against stress.

This course also briefly delves into the biological and psychological impact of stress to help you distinguish between the different forms of stress at work and provides practical approaches for handling stress in a healthy way.

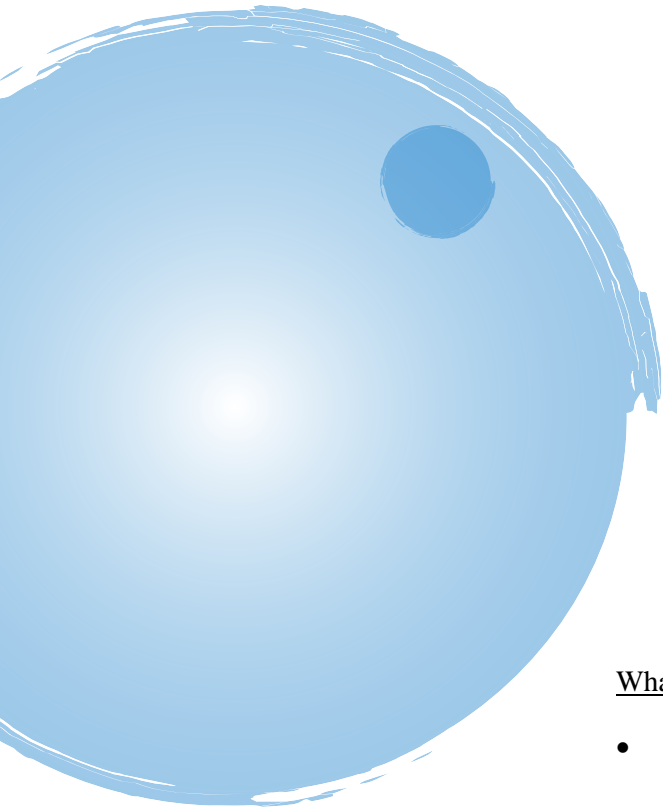
The course provides practical approaches to handle stress in a format of ancient wisdom coupled with modern science to provide balance of mind and body.

The course looks at, moment-by-moment awareness of our thoughts, feelings, and sensations that comes without judging those thoughts and feelings as good or bad.

Specific techniques taught in the workshop include walking meditation, breathing techniques and self-acupressure points which will provide the participant a new perspective on how to handle stress.

The course instructor is an expert in this field of mind and body connection with years of practical and academic exposure in the area of mental wellbeing in the workplace.

The course applies scientific based strategies to help minimise stress and optimise workforce productivity.



### What you'll learn

- How stress can impact our daily life routine, the work environment and home.
- The differences between stresses and how to manage healthy stress for optimum wellness.
- The benefits of natural remedies for helping you build resilience to stress as well as team congruency at work.
- Research-based strategies for cultivating mindfulness within yourself and your workplace.



### **Your Instructors**

Dr. Claude Martinez, Ph.D.

Meridian Psychotherapist, Counsellor, Cognitive Behaviour Therapy Practitioner

