

GET TOUGH WITH STRESS!

GET TOUGH WITH STRESS is a half day workshop which takes a positive approach to stress management.

It shows people how to toughen up to stress and how to see it as an opportunity for personal growth and development and not a threat. It explains stress and its effects on the mind and body.

Monday, 15th March, 2010

10.30 am to 3.30 pm

Cairns Colonial Club Conference Centre

Palmerston Room

\$110 per person (including GST)

Includes Arrival Refreshments, Lunch and Afternoon Tea and a

“Get Tough with Stress” Handbook to take home

15 simple, practical strategies that people can use to cope with personal and workplace stress.

For Example:

- **Stress Hardiness:** Why and how some people cope with lots of stress without becoming ill.
- **Attitude Control:** How to become psychologically assertive.
- **Exercise:** How to make exercise productive and enjoyable.
- **Problem Solving:** Exploring options and finding solutions.
- **Paradoxical Intention:** Using humour to reduce fear.
- **Stress Boomerangs:** The stress we transmit comes back to stress us.
- **Relaxation:** Practical relaxation techniques.

This licensed workshop has been designed by John Townsend, Townsend International, and has a proven track record in the stress management field.

It is presented by Margaret Frederick, Blackbooks Training Services and promises to be interactive, fun and useful!

For bookings or enquiries please email your details to margaret.frederick@bigpond.com or phone 0419 701 426.

