



# LEADING EDGE CHANGE

Professional Programmes for Peak Performance

## STRESS & WORKLOAD MANAGEMENT

### A Leading Edge Change in-house workshop

Several reputable sources quote stress as being a major cost to business, affecting one in five employees and being one of the main causes of absence. Stress also results in reduced productivity, errors and poor staff morale. Any business committed to peak performance and good staff-care needs to take stress and its consequences seriously.

The good news is that the experience and consequences of stress can be reduced and even eliminated. When employees learn simple stress and workload management techniques, both the employee and the employing organisation benefit.

Our one day in-house group coaching programme teaches simple, easy to use techniques to ease the pressure of workload and manage stress and its consequences. We also incorporate simple and practical NLP techniques to help with self-talk, clarity, motivation, confidence and relaxation.

#### **With this training your business could benefit from:**

- ◆ Reduced stress and improved workload management
- ◆ Reduced costs and increased business
- ◆ More effective working practices
- ◆ Less stress, so less absence, errors and increased productivity
- ◆ Happier, more motivated employees

#### **Key features:**

- ◆ The nature and causes of stress
- ◆ How to differentiate between internal stress and genuine overload
- ◆ Lifestyle changes to reduce stress
- ◆ Simple habits to improve stress resistance
- ◆ The power of mental imagery and self talk
- ◆ When to fight and when (and how) to distance
- ◆ The benefits of deep relaxation
- ◆ Effective techniques to prioritise and manage workload

*These focussed development programmes allow us to work closely with your selected employees to deliver more skill enhancements faster.*



**LEADING EDGE CHANGE** is committed to helping business achieve its potential in an ethical and sustainable way.

We all know that business outcomes are a direct result of the activities of the people working on them. To make a real difference people need three things:

1. Motivation
2. To think in ways that allow new distinctions to emerge
3. To be able to build the relationships needed to get the desired results

Combining all the proven benefits of NLP techniques with our extensive business and training experience, our performance training programmes will promote development in all three areas. Furthermore, as learning works best when all senses are engaged, our training challenges participants to engage fully. All workshops and programmes involve practical, interactive experience to make them fun and accelerate easy learning.

Our workshops, development programmes and training courses are available at a timing, length and price to suit your needs. We will run courses and programmes individually or as a package as required.

#### **Other services:**

Our **Personal Executive Coaching** provides confidential one-on-one coaching for directors and senior management, helping them find their own special talents to make the changes that take business forward.

Our **Strategic Coaching** helps a board or management team define their overall business goals and desired outcomes, development the strategy, build and test the business case and business plan and implementation planning and delivery.

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To book this workshop or to find out more about our training, consulting and executive coaching contact Patricia Scott at:

**Leading Edge Change**  
**Rivendell, 5 The Clays, Market Lavington, Devizes, Wiltshire, SN10 4AY**

**Telephone: 01380 816077**  
**E mail: [pat.scott@leadingedgechange.com](mailto:pat.scott@leadingedgechange.com)**

or visit our website at [www.leadingedgechange.com](http://www.leadingedgechange.com)

