

'Lack of stress management in the workplace contributes to illnesses, absenteeism and employee turnover. A primary indicator of stress is underperformance at work. To resolve the situation it is vital to take effective actions and procedures.'

TRAINING PROGRAMMES



**THE INSTITUTE for
MENTAL HEALTH
and WELL-BEING**
Mental Health Matters

DEVELOPING
YOUR
ORGANISATION
WORKSHOP SERIES

OVERVIEW

The modern world and economy have created ever-changing conditions that encourage daily pressures at work and home, and no one is immune to their consequences. Resilient leaders and professionals know how to deal with their constantly changing environment by adopting a variety of stress-relieving tactics that are well-balanced. The variety of workshops offered by the The Stress Master will assist in recognising and resolving the most significant work and personal stressors, as well as providing solutions for reducing and successfully managing stress and its negative consequences.

C.A.R.E.™

01

A stress management Masterclass that will put YOU in control of your stress and your life. The Masterclass series will cover vital issues you will not have heard explained before. The truth about stress and why it's an 'inside' job, not an 'outside' one. The 3 Ms of Understanding stress. The four barriers that prevent you from reducing your stress. Learning to think differently about stress – the key to outstanding stress management. This Masterclass is based on the unique C.A.R.E.™ programme – the most comprehensive system for controlling stress, and giving you direction and guidance to achieve success throughout your career and your life.

How To Get Control Of Your Stress

02

This Masterclass course is overflowing with cutting edge tips and techniques showing you How To Get Control of Your Stress, and is presented by the UK's leading authority on stress management and includes several workbook resource documents. You will come to realise that stress isn't what you thought it was, and why, in the past, you've probably been sent down a path promising 'no more stress' only to find it's a blind alley.

Train The Trainer

03

The 4 Step High Impact method provides guidance for HR colleagues and others assigned to ensure the strength and stability of the mental and emotional health and wellbeing of employees. Psychometric tools and structured Q & A are used to uncover the causes and provide an appropriate response to situations the individual is experiencing. It contains an easy to follow roadmap beginning with the observation of irregular behaviour leading to resolution of work related stress. Returning the employee back to being focused, happy and productive.

Self Talk & Imagery

04

Self talk...the words and ideas that we speak about to ourself, when we talk to ourself...yes I know you might deny it, but we all do it, It's only a matter of whether you move your lips when you do it. Imagery is a stress management technique, where you use your imagination to picture a person, place, or time that makes you feel relaxed, peaceful and happy. Imagery is slightly different from other stress management techniques, in that it relies on the use of all of your senses. This Masterclass is designed to bring these two elements together in one total package to assist in positioning participants to respond to regional as well as global trends.

Goal Setting & Implementation

05

Do you find no matter how much success you achieve, you're constantly dissatisfied with your progress? Does it feel like you're still far from achieving your biggest goals? This is a workshop designed to reveal powerful, practical and usable tools to set goals and implement strategies designed to successfully achieve those goals and increase confidence and productivity. This programme is at the cutting edge of goal setting and implementation, offering a powerful blend of cognitive training and clinically-proven techniques to set and achieve goals and enhance performance in the most challenging circumstances.

Stress Management for the Building and Construction Sector

06

A potential crisis in the building and construction sector is looming on the horizon. Here's how your company can deal with it before it takes hold. This well-designed training programme will allow your organisation to improve proficiency and productivity while providing value to those who manage apprentices, teams, sub-contractors, suppliers... and of course the client... directly through the acquisition and application of mental skills training, in the areas of stress management.

TESTIMONIALS

The work generated by Mr. Moulton from his first engagement was found to be of a high standard and of immediate relevance and utility. Without any reservation Mr. Moulton's professional services were subsequently re-engaged

He has executed the deliverables on time and within budget. I believe his success can be attributed to his attention to details, as well as his demonstrated understanding of the environment and context in which he is consulting



Fay-Marie Browne (Mrs.) Director
Learning and Development
Directorate



Dr. Leo Brewster
Director,
Coastal Zone
Management Unit

I am writing to you today to express my sincere gratitude for the seminar presentation on stress management that you gave to our executive team and staff.

I was particularly impressed by the way you tailored the presentation to our specific challenges and needs. To be clear your presentation was not "the usual run of the mill" approach to stress management.

I highly recommend the seminar to other executive teams and organizations that are looking for ways to reduce stress and improve productivity. Thank you again for giving such a great seminar presentation.

Ches Moulton has facilitated many training courses for the benefit of our clients. He has an exceptional talent for explaining concepts in a manner that rivets the attention of his audience and his dynamic presentation, which includes stories and learned lessons from his twenty (20) plus years, is a major learning opportunity and one not to be missed.

I would encourage you to consider that Mr. Moulton's training may be the missing link between effort and success so often sought by managers. He has been a valuable asset to our company and in turn to our clients.



Pia James
Joint Managing Director

GET IN TOUCH



Bespoke Packages

Designed to meet your needs and budget



Breakfast Meetings

A great way to begin your day



Lunch & Learn Meetings

Bite sized packets of information and easily digestible



In – Person Online On – Demand

Traditional Technology at its finest Your way-Your time



Half – Day and Full – Day Workshops

Calendar friendly and all encompassing



Why Train With Us?

We offer a wide range of training topics.

We serve all industries and organisations

We offer special rates

Ches Moulton is a certified stress management consultant

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W: www.timhwb.org



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