

## LEGENDARY COACHING WORKSHOPS:

# **STRESS** to **SUCCESS**



Whether it be deadlines, difficult conversations or team conflicts, stress continues to be a silent killer in the workplace; undermining the morale, creativity and productivity of many teams and organizations. It is from this place that we at Legendary Coaching designed the **STRESS to SUCCESS** workshop.

This workshop is built to equip participants with the tools and principles they need to not only mitigate stress in their own lives, but thrive in the midst of pressure situations. In addition, we will unpack the applications on an individual's self-awareness and communication skills, equipping them to be better team mates and leaders in the workplace.

**STRESS to SUCCESS** is a compact and interactive workshop that can be delivered in live or webinar form and also has a fun diagnostic assessment. In regards to learning outcomes, upon completion of this workshop, participants will be able to:

- Learn practical lifestyle techniques for mitigating stress and keeping good physical and mental health
- Understand the concept of "The 3 Spaces" and how to balance their activities at work; relationally and transactionally
- Learn the science of the brain, how experiences and beliefs shape our approach to stress and how to form successful habits for dealing with stress
- Understand their unique personality style, individual stress triggers and how they are most likely to behave when under stress
- Know how their personality responds to change in the workplace

We are confident that after completing the **STRESS to SUCCESS** workshop you will be empowered to handle stress, lead your teams, be a catalyst in your organization and achieve your desired success in the workplace!

**Total Workshop Investment = Starting at \$499**

### CONTACT:

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