



## Training & Personal Development

# Performance Under Pressure

Turn stress into success! This course is designed to focus on stress in the workplace. It is aimed for the professional in a work setting where internal and external stressors are unavoidable. This course will provide participants with the potential to understand, identify, utilise and balance the basic elements of stress reaction in order to achieve higher levels of performance at work. This course is not designed to tackle specific personal stress issues but will deal with stressful situations relevant to participants working lives.

### 2009 Dates:

- 1<sup>st</sup> December

**Duration:** One Day  
**Course Leader:** Rachel Harrison  
**Venue:** Phlexglobal Ltd, Mandeville House  
62 The Broadway, Amersham, Bucks HP7 0HJ  
**Cost:** £425.00 +VAT

Book now: [training@phlexglobal.com](mailto:training@phlexglobal.com); ☎ 01494 720420

Further information: 📄 [www.phlexglobal.com/training](http://www.phlexglobal.com/training)

### Course Outline:

- The theory of stress: what it means for you
- Identify short and long term stress effects
- Stress in the workplace – what causes it and ways to manage it
- The Positive Power of Pressure
  - Positive Thinking
  - Coping With Change
  - Thriving on stress: How to stay positive under pressure

### Course Benefits:

**This course uses a blend of trainer input and group discussion to ensure that delegates will be able to:**

- Manage external and internal stressors more effectively
- Utilise stress advantageously, identify when stress is not helpful, identify ways to begin to cope with the negative aspects of stress in the workplace

### Leader Biography:

**Rachel Harrison** specialises in communications and management training for employees at all levels in an organisation. Rachel has a proven track record of bespoke training work within the pharmaceutical industry across Europe and a very extensive and diverse experience of training, research and consultancy for both large public sector organisations and small size businesses. Rachel previously worked for the BBC as a Senior Education Advisor. Achievements include project managing two major multi-media educational campaigns in mental health and cancer, building partnerships and creating award winning educational materials. Prior to this she was a Senior Lecturer in Performing Arts and uses her excellent communication skills and creativity to design and deliver programmes which are challenging, inspiring and innovative. Rachel holds a Masters degree with distinction in education and training.

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