

# Rethinking — — Stress

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DISCOVER POSITIVE ALTERNATIVES

## Rethinking Stress



“Real success is  
success with self.”

—Stephen R. Covey

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### FranklinCovey's *Rethinking Stress* Workshop

1. Individuals learn the relationship between perception and stress.
2. Individuals learn how to identify their own response to stress.
3. Individuals learn four stress-intervention points.
4. Individuals learn how to make lasting changes to their stress response.

### Challenge

Do your employees know how to proactively manage the unavoidable stress in their lives?

Up to 75 percent of all time lost in the workplace is stress-related. The reality is that the workplace, and life itself, is full of stress. Balancing all of the relationships, professional responsibilities, financial concerns, and emotional issues in our lives can significantly contribute to increased stress. Making choices and defining healthy boundaries can be a challenge, but it is essential to maintaining personal and professional equilibrium.

## Living Proactively With Stress

Much of our stress is in response to events we consciously or unconsciously perceive to be threatening to our basic needs. Yet, the events themselves are not usually the problem—it's our perception of those events that produces stress. The challenge in any organization is to view employees as whole people with varied perceptions and coping strategies. Imagine an organization where employees are supported in challenging their unhealthy perceptions and managing their stress in proactive ways.

## The Solution

### FranklinCovey's *Rethinking Stress* Workshop

Now you can support your employees as whole people with FranklinCovey's *Rethinking Stress* workshop. In this workshop, participants receive tools to help them understand stress and their response to it, as well as learning how to implement powerful strategies for becoming more stress-resistant.

Participants specifically learn to help themselves by understanding stress and its devastating results. They are then able to address the issues that are causing their own stress and replace it with more productive perceptions. Those who experience *Rethinking Stress* discover new ways to become more resistant to stress and control how they respond to the unique stress in their lives. The FranklinCovey *Rethinking Stress* workshop is taught as a one-day, facilitator-led workshop.

Participants will learn:

- How to identify behaviors and perceptions that aren't productive.
- How and why the body responds to stressful situations.
- Why stress is one of the leading causes of physical and emotional disorders in the United States.
- How to use the FranklinCovey Reality Model to help achieve breakthroughs in managing stress.
- New ways to resolve stress-induced problems.
- Six quick ideas for reducing stress.

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## Discover Positive Alternatives

For more information about FranklinCovey's *Rethinking Stress* workshop, contact your FranklinCovey client partner or call +91 124 478 2222 to be put in touch with someone in your local area who can answer any questions.