

Circus of Life for Businesses

Learning to navigate the business world is a little like learning to be a circus performer; we need to juggle a few balls, balance many demands, walk the tightrope, let go and trust that others will be there to catch us, clown around a little and feel the thrills.

This workshop looks at all the demands being placed on today's workforce and shows them how to find balance, look after themselves, become resilient and take control of their future. both personally and professionally.

Description

Absence through stress re-related illness is the No.1 cost to UK businesses.

Around 17million working days were lost in the UK to sick leave caused by mental health in 2015; an increase of 25% on 2014 (ONS 2014)

This workshop is designed to help everyone in the workplace to become resilient to these pressures, showing them how to spot and deal with the danger areas in their own lives whilst looking forward in a positive and inspiring way.

Benefits

Delegates address their use of internal language leading to resilient thought processes.

Delegates examine the balance in their lives, identify the weak area(s) and commit to themselves to making positive changes.

Delegates gain a clear understanding of what stress is and are shown how to take an holistic approach to reducing the stress in their lives.

Delegates are encouraged to develop a growth mindset focusing on their desired outcomes.

Content

The workshop is split into three main areas: resilience, growth and wellbeing.

Each area contains exercises and information designed to encourage personal development and progress thus leading to reduced stress levels and increased resilience.

To be effective learners both our body and our mind have to be fit and healthy so this workshop takes an holistic approach addressing body, mind and spirit.

Aims

The course has three main aims:

- To build resilient delegates
- To show delegates how to achieve a healthy work / life balance
- To encourage delegates to develop a growth mindset

Results

Delegates learn to challenge habitual thought patterns replacing stress inducing language with resilient language.

Delegates identify the stress points in their life and commit to making the necessary changes to help them become more productive in the workplace.

Delegates learn how to take an holistic approach to their well-being thus combatting stress illness.

Delegates begin to develop a growth mindset.