

OVERVIEW

Our stress-management CPD workshops introduce staff to the key skills that students need in order to perform to their full potential when it matters the most, such as in exams, interviews, presentations and in sport.

The philosophy behind the workshops is that, once you have acquired the necessary knowledge and skills to succeed at something, you are often required to be able to reproduce them under pressure, and that the ability to do this can be taught.

KEY MESSAGES

Language

- Automatic Negative Thoughts (ANTs)
- The consequences of negative self-talk
- Controlling self-talk
- Making self-talk positive, helpful and energised

Emotional control

- Negative emotions often result in poor decision-making
- Pinpointing the source of nerves or frustration
- Managing emotions using "Recognise, Stop, Redirect"
- Reframing threats as opportunities

Attention

- It's not how hard you focus, but where you focus that matters
- The common attention mistakes that students make
- Focusing on what you can control i.e. the Me, the Now and the Process

Physiology

- The link between the body and the brain
- How body language can impact and increase intensity
- How to calm down with breathing



BOOK THIS WORKSHOP NOW

Our workshops are interactive and engaging. It's one of the reasons we get such great feedback from staff and students. Get in touch now to discuss booking this workshop on **020 8693 3191** or **info@innerdrive.co.uk**