



MOVING FROM STRESS TO STRENGTH

Ditch the overwhelm and step forward with confidence

Stress has become one of the greatest challenges in today's fast-paced and ever-changing world. Pressure can be a powerful motivator when managed well. But left unchecked, it drains our energy, creates job dissatisfaction, impacts our wellbeing, and affects how we show up at work and in life.

The good news? With the right tools and strategies, you can shift from reactive stress responses to intentional, grounded strength.

In this practical and insightful session, Martin Probst, a leading expert in human-centred leadership, guides you to identify your personal stress triggers, manage unhelpful thinking, and build inner strength and confidence to thrive under pressure.

Support your team in reducing stress, reclaiming focus, and building confidence - at work and in life.



KEY OUTCOMES

- Recognise early signs of stress and understand how it manifests
- Regain a sense of calm, focus, and confidence under pressure
- Manage emotions and reactions instead of being driven by them
- Break free from overthinking patterns
- Identify controllable vs. uncontrollable factors and act with intention



IDEAL FOR

- People wanting to reduce stress and restore confidence in their daily routine
- Individuals seeking to build healthier habits for sustainable success
- Team members wanting to respond to pressure with presence and purpose
- Professionals navigating change or high workloads who want to stay grounded



WHAT YOU GET

- Engaging, interactive and thought-provoking training session with real-time insights and activities
- Option to tailor this session to a length other than half-day
- Delivered as a carbon-neutral training

Ready

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