

## Breaking the Cycle of Stress

Give your managers and employees the skills they need to perform effectively under high pressure. Get yourself a day where you can gain alot. This program is an unusual combination. Participants benefit dramatically in their personal lives, and also greatly enhances communication and productivity on the job. It's often the most highly-rated program a company can offer to its people, whether as part of ongoing staff development, or for employee appreciation. This training is at the cutting edge of stress reduction, offering a powerful blend of cognitive training and clinically-proven relaxation techniques to manage stress in the most challenging circumstances. ***Wear comfortable clothes and get a towel with you, as you'll have a chance to do some stress reduction exercises.***

It's also much more than a stress-management program. The principles and techniques participants learn are essential for successful leadership, self-mastery, focus, and ability to work effectively with others.

### ***Participants will learn how to:***

- Understand and communicate more effectively with difficult co-workers.
- Manage challenging work situations with greater calmness and clarity of mind.
- Dramatically reduce stress with clinically-proven techniques that can be done in a few moments.
- Achieve significant relief from chronic pain, high blood pressure, and insomnia.
- Enhance personal productivity. Focus the mind where you want it to go, to achieve results more quickly and effectively.



FROM  
STRESS AND STRAIN  
TO  
SWEETNESS AND LIGHT !

**STRESS CANNOT BE AVOIDED. IT IS A PART OF EVERY MOMENT OF LIFE. THOSE WHO LEARN TO DEAL WITH IT CAN DO BETTER THAN THEY HAVE EVER BEFORE.**

## Workshop Outline

*Please note that the seminar starts at 9.00am sharp and ends at 17.00hrs. Certificate of attendance will be given ONLY to those staying for the whole seminar.*

First session: 9.00am - 10.30am

- Introduction
- Goals and objectives of the seminar
- Stress points in participants' lives
- What is stress?
- Health impacts of prolonged stress
- Guided practice session

Coffee Break : 10.30am - 11.00am

Second session: 11.00am – 12.30pm

- Q & A on exercises
- How to make relaxation techniques a daily habit
- Mind/body approaches to healing stress

Lunch: 12.30pm – 1.30pm

Third session: 1.30pm – 3.00pm

- Commonly held misperceptions that dramatically increase stress
- The culprit: unconscious, habitual reactions
- How never to be out of control again: choosing instead of reacting
- Learning to SAY NO: tips for seeing the bigger picture
- Productivity unleashed: how mental clarity cuts projects into minutes that formerly might have taken hours or days to complete

Coffee Break : 3.00pm - 3.30pm

Last session: 3.30pm – 5.00pm

- Question time
- Guided practice session
- Breaking the stress habit in the heat of battle—work and family stresses
- Participants discuss or role-play every-day challenges
- Closing/wrap up /long term homework

**WEAR COMFORTABLE CLOTHING AND GET A TOWEL WITH YOU. A PRACTICAL SESSION IS PART OF THIS WORKSHOP.**

**Breaking the Cycle of Stress**  
**REGISTRATION FORM**

Mr.  Ms.  Mrs.  Dr. Job Title \_\_\_\_\_

Name & Surname \_\_\_\_\_

Work Address \_\_\_\_\_

City \_\_\_\_\_ Post code \_\_\_\_\_

Work Phone \_\_\_\_\_

Home address \_\_\_\_\_

City \_\_\_\_\_ Post code \_\_\_\_\_

Home Phone or Mobile number \_\_\_\_\_

E-mail address (required for confirmation\*)  
\_\_\_\_\_

**\*Registration confirmation will be sent to you via e-mail. - Fiscal Receipt will be in the workshop folder.**

**Standard Rate – Full day including Lunch and 2 coffee breaks €40**

**Group Rate – Full day including Lunch and 2 coffee breaks €35 per delegate in groups of 6 or more (to be eligible for this rate applications must be sent together in one batch)**

**REGISTRATION CLOSING DATE: 28th May 2009.**

**There will be no refunds after 25st May 2009.**

**All cancellations before that date will be refunded  
less a 10 Euro handling fee.**

***The Organising Committee would like to inform you that the workshop can be cancelled if number of registrants will not exceed the desired quota. Should this happen all payments will be refunded back.***

Please enclose registration form with cheque, payable to: “**D-Blaze**”, and forward to:

**D-Blaze, P.O. Box 7, Qormi, Malta.**

For further information contact Mrs. J. Muscat: 99243850 or Mrs. M. Cutajar: 79730575

Email: [dblaze07@gmail.com](mailto:dblaze07@gmail.com)

**Data Protection:** The data on this form will be used for administration of this event and retained for future marketing.  Tick the box if you do NOT wish to receive further information.

## **TESTIMONIALS:**

**‘A big well done to start with! It was a most enjoyable day. I have sweated my way through the practice session but I have to admit that it made the difference immediately. I felt really good. The interactive sessions were stimulating (also prosit to Ms. Martin). I think that the two coffee breaks were well timed too’. (KJH)**

**‘ I would like to take this opportunity to congratulate the organisers and facilitator for organising this workshop. I suggest that these sessions should be organised more than once in a month, as through this workshop I learnt how to take care of my physical, emotional and mental health. Just a small note I feel that the yoga session would be more beneficial if done prior lunch..... otherwise keep up the excellent work’. (CM)**

**‘ It was very very nice and interesting. Thank you so much’. (MG)**