

Nimue Oak Consulting

Stress Less



- ▲ Are you an adrenaline junky?
- ▲ Do you 'burn the candle' at both ends?
- ▲ Do you ever say to yourself "I'm sick of this"?
- ▲ Ever have the urge to choke someone...even yourself?
- ▲ Is your body sending you messages to slow down?

If you answered 'yes' to any of these - read on...

Physical signs (sleeplessness, feeling rundown - always sick, no appetite, headaches, muscle aches & pains, generally feeling like death is at the door).

Emotional signs (screaming at team mates, staff, management or customers, can't be bothered, impatient, anxious, irritable, feeling disturbed, generally feeling life is not turning out the way you want and you're frustrated by this).

Mental signs (lack of focus, memory loss – keep losing your mobile, forget a deadline, totally relying on spell-check and even then it doesn't look right, generally feeling like your brain is turning into mush).

If you or your staff has experienced any of these - read on.

When was the last time you felt filled with energy and vitality, mentally alert any time of the day?

If it's been a while – read on...

You're not alone. Nothing happens without energy.
Without energy you can't breathe, think, feel, or connect.
So you can't hope to function if you're running on flat
batteries with **INSUFFICIENT ENERGY**.



Stress Less is about learning to take control of your energy before you fall victim to illness and stress-related health and personal issues. It has been designed so that most people can use the techniques themselves as both a preventative and reduction measure.

This one-day workshop provides you with **understanding your mind-body interaction with safe, easy, fast and effective practical techniques** that will help you become more switched-on, energized and brimming with productive energy for increased vitality, clarity of thought, mental and emotional resilience and effective decision-making.

Key Outcomes

Stress can lead to serious long-term affects. Managers and supervisors should have a basic awareness of how to prevent and control the risk of work-related stress occurring.

- ▲ Gain better knowledge and understanding of the psychology and physiology behind stress
- ▲ Learn how to increase your performance
- ▲ Enhance your ability to lead individuals and teams during periods of stress
- ▲ Increase your awareness and coping skills for future experience of stress
- ▲ Take away practical, proactive and reactive techniques you can use at home, work or play.

Your Facilitator

For many years, Simone has worked in the service industry enabling business and cultural change in Government bodies, large corporates and other commercial enterprises. Through a variety of consulting, coaching, mentoring and training programs, Simone positively affects the lives of many people, individually and within the work environment.

Change happens through the individual multiplied by the team, building a dynamic force. Simone supports employees, from grass-roots to directors, to embrace change, energise others and break down barriers, as well as to be customer focused, responsible and accountable, to achieve excellence in a realistic context. She creates the possibility for you to re-energise and inspire.

Simone is tertiary and industry qualified specialising in customer service, strategic planning, organisational development, change management and human resources as well as specific industry qualifications in IT, Contact Centre and Service Desk. This includes being a member of the HDI International Certification Standards Committee, ITIL Master and ICMI Senior Call Centre Management. In addition, she holds qualifications in various therapeutic techniques successfully incorporated into corporate environments.

Our interactive style is a toolbox of techniques, simply fantastic, fun and memorable ensuring synchronicity in the mind, body and spirit of a company.



"Simone's passion and enthusiasm delivering the courseware was inspiring and motivating."

"Simone is an excellent trainer who is flexible, professional and can also adapt a program to suit the customer's needs. We achieved outstanding results which went on to support our overall service improvement program. Highly recommended!"

"Very enjoyable. Frameworks and models well presented, activities challenging and principles well explained."

"Thank you Simone! Your knowledge, sense of humour and vast experience made this course extremely interesting & relevant. I'd attend ANY of your courses!"

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