



1 day custom program
Stress Management

Lead Yourself

**Shine
Leadership**

Create your own practical anti-stress program that will work for you from morning to evening.



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More information at:
ShineLeadership.cz

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Why choose this program?

- Learn effective methods to release mental and physical tension.
- Learn about one's hidden reserves and stress management strategies.
- Learn to relax and at the same time learn about unconscious attitudes that reinforce stress.
- Learn to protect oneself against negative emotions, especially aggression.

Who it for?

For all those who want to learn more about dealing with stress, recognize its causes, learn stress relieve and tension relieve techniques.

Topics

- What is stress, how it works in the body, and how to manage it effectively?
- Identification of stressors, including unconscious attitudes.
- Exercising yoga asanas to release tension.
- Relaxation and breathing techniques.
- Practical anti-stress program from morning to evening, step by step.
- Managing negative emotions.

Methods and techniques

An active training program, exercises, facilitated discussions – with the help of group sharing techniques, reflection, presentation, and coaching techniques.