



TRAINING

WORKSHOP AGENDA

Understanding fatigue, anxiety, over-worrying,
emotional baggage, stress and
how to manage them all



Aims and objectives

To understand the close relationship between these 5 important areas to developing solid overall wellbeing and resilience. We will explore the difference and overlap between them, then what we can do physically, emotionally and mentally to take control of these areas and prevent any future burn-out.

Learning outcomes

To embark upon a journey to develop the 3 C's, namely the **competence**, **confidence** and **commitment** to be a person in control of their physical, emotional and mental wellbeing.

Agenda

0930 - 0945 Introductions, set the scene and key themes

0945 - 1030 The starting point is developing our awareness of what can be the underlying cause of our stress, anxiety, over-worrying and fatigue. Understanding self-awareness and what we can do to develop it as a platform for life-long personal continuous improvement. YouTube clips to watch as a follow up to the workshop

1045 - 1115 Fatigue - physical and mental, its causes, signs, strategies for controlling it and when we should seek medical support.
YouTube clips to watch as a follow up

1115 - 1130 Personal reflection and break

1130 - 1215 Gaining control of your emotional wellbeing and practicing good emotional hygiene – how to make daily emotional hygiene as simple and as regular as dental hygiene. YouTube clips to watch as a follow up



- 1215 - 1300** Dealing with anxiety and worries – practical strategies to deal with anxiety, concerns and worries to take further control of your emotional and mental wellbeing. Youtube clips to watch as a follow-up
- 1300 - 1345** Lunch
- 1345 – 1430** Stress – understanding the real cause, signs & symptoms/early warning signs and then having coping strategies to regain control. Youtube clips to watch as a follow-up
- 1430 - 1515** The importance of physical resilience in the areas of diet, exercise, water intake, sleep/rest and the often forgotten area of toxic stress to help prevent fatigue, anxiety and stress. Top tips to control these important aspects of physical wellbeing. Youtube clips to watch as a follow-up
- 1515 – 1530** Break
- 1530 – 1545** You'll be given a 30-day challenge to put into practice key strategies from today's workshop to take complete control of your physical, mental and emotional wellbeing to prevent and control fatigue, anxiety, over-worrying and stress
- 1545 – 1600** Breakout groups to discuss the content of the day and then share to the wider group your most insightful thoughts
- 1600 – 1630** The principle of personal continuous improvement to implement continual strategies to control fatigue, anxiety, over-worrying, emotional blockages and stress. Sum up and close



*This training course will be led by coach, trainer, consultant and success coach, **Bernard Genge**, who has a proven formula for transformational performance and delivers energy, enthusiasm and commitment to his audience. A former medic in the Royal Navy, his experience has shaped his personal brand of leadership and management training in the corporate world.*

**Contact the Dods Training
team for more information**

Alice McDavid
Head of UK Training

+44 (0)20 7593 5714
alice.mcdavid@dodsgroup.com

