

Increase employee's engagement and resilience by reducing stress

Having an effective way for employees to manage distracting stress benefits the individual and the organization, because challenges from work, home and pandemic-related disruptions increase strain and decrease focus on work.

Making an impulsive choice to reduce stress may not lead to the best solution. Designing a Personal Action Plan that leverages a two-pronged method guides employees' to optimum choices. The Peace of Mind at Work workshop provides a practical way to empower the individual and strengthen the organization.

Discover



Learn about evidence-based, stress-reducing strategies that help restore the individual's well-being

Explore basic human needs that can be filled while at work

Discuss



In small groups share stress-reducing strategies that empower individuals and sharpen ones management skills

Examine how applying strategies effects others

Understand



Gain understanding of the two-pronged method:

- * raises awareness of basic human needs that drive choices

- * choose strategies to fill those needs and increase engagement

Design



As a group create an example Personal Action Plan

Privately design a Personal Action Plan in order to apply the two-pronged method and gain the benefits

Apply



Use the two-pronged method to guide constructive conversations between the individual and the manager

Apply the two-pronged method to improve resiliency