

STRESS MANAGEMENT

Understand and manage your stress to realize success by leveraging MBTI®

WHY THIS COURSE:

In the workplace, individuals encounter stressors that can either undermine their performance or propel their success, depending on how they react to them. This workshop is designed to help participants recognize the circumstances or events that are likely to trigger stress reactions and provide information and tips, based on their MBTI® preferences, on how to deal most effectively with the challenges they present. *Requires completion of MBTI® 1: Know Thyself Workshop.

IDEAL FOR:

- Individuals / Teams looking for ways to navigate stress in a healthier way
- Self-understanding and individual development
- Team building
- Management and leadership training
- Coaching
- Organizational development
- Diversity and multicultural training
- Problem solving
- Career development and exploration
- Academic counseling
- Education and curriculum development
- Relationship counseling

COURSE OBJECTIVES:

- Understand the basics of personality type theory
- Self-assess your personality type preferences, look at your reported type, and decide on your best-fit type
- Increase self-awareness about your personality type style
- Apply type understanding to stress management

> **COURSE DURATION:** Half-Day +

> **COURSE TYPE:** In-Person OR Virtual

AGENDA

TIME: 4.5 HRS

Welcome, Session Overview & Introduction to Type	:90
BREAK	:10
Introduction to Type and Stress	:15
Looking at Type and Stress	:40
The Mechanics of Type and Stress	:35
Do's and Don'ts at Work	:20
Returning to Normal	:15
Lessons from Stress	:15
Session Close, Review, Next Steps	:30



TRAINING
FACILITATING
CONSULTING
COACHING
SPEAKING

303-895-9973
www.morethanfunds.us

WHAT ARE THE SIGNS THAT A CLIENT NEEDS THIS COURSE?

- Stressed out
- Unable to cope or deal with stress
- Balance seekers

KEY INSIGHTS TO CONSIDER/WHY MBTI®?

- Stress is inevitable, and the only thing we can control is our attitude and how we choose to manage it.
- One of the greatest investments we can make is in ourselves. The greatest asset we bring to any personal or professional relationship is self-awareness. Both are the focus of MBTI®. Take the time to explore how you're uniquely wired to maximize your best self.
- MBTI®...
 - Is based on Jungian psychology, looking at his 8 identified brain archetypes from 1920 when psychology came into being.
 - Is the most reliable and validated instrument based on the two core brain functions - how one takes in and evaluates information.
 - Focuses on type - what's on your hard drive, what you're born with, your innate design, etc.
 - Provides a means to understand self, others, and recognizes innate as a way of being and modifying bad behavior.
 - Aims to increase your understanding of who you are by experiencing a positive, psychometric assessment that taps into the inner workings of people.
 - Is the critical key for how we communicate. We can't work together well unless we understand ourselves and others in regard to communication.
 - Provides a means for organizations to develop a culture of healthy communication.

WHAT ARE THE TYPICAL CUSTOMIZATIONS AND RELATED PRODUCTS?

- Course length: can be condensed or expanded.
- Participants must either know their MBTI® type or have completed MBTI® 1 – Know Thyself course prior.
- Any additional MBTI® focused courses would be great additions to consider:

LENGTH	COURSE
Half-Day+	MBTI 1 – Know Thyself
Half-Day+	MBTI 2 – Team Development
Half-Day+	Compelling Conversations
Half-Day+	Embracing Change
Half-Day+	Enhancing Emotional Intelligence
Half-Day+	Impactful Influencing
Half-Day+	Improving Decision Making
Half-Day+	Leader Development

