

# Stress Mastery Program

Using the latest neuroscience for self-awareness, self-regulation and stress mastery

## Program Overview

### Taking control

We face an unprecedented time of uncertainty, with so much change and fear impacting our working life.

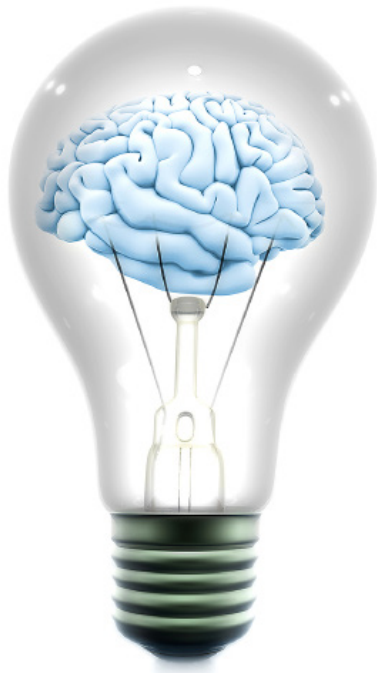
This program will help you to better regulate your emotional responses and guard against negative emotion contagion.

You will learn how to stay cool under pressure and manage stress – not just for you but those around you as well.

Each Big Idea includes at least one practical strategy that can be applied straight away. You will learn how to apply them to improve self-awareness, self-regulation and stress mastery.



## 6 Big Ideas – Delivered in 30-minute online videos



- Guarding against negative emotion contagion
- Understanding why your brain drives all behavior and why this matters
- Why threat is bad for performance and wellbeing
- Managing emotions – it is all about self-regulation
- Improving attention focus and being mindful
- From frazzle to Stress Mastery

Course created by:



Course delivered by:

