

# Creating Soular Power

## stress/pressure management

### Objectives

To know the difference between pressure and stress

To recognise the signs when one is turning into the other

To reinforce the knowledge of the changes to physical and mental health if left uncontrolled

To realise that an increase in the resources will keep losses to a minimum or negated altogether

To learn how to reduce or reset commitments that are not able to be fulfilled

To make a commitment that in getting life in order there are two major benefits:

1. the quality of my life
2. the financial prosperity of the company I work for and that of my personal situation

To develop a realistic action plan (with dates) and set in in motion

That critical issues are dealt with for teams from the same company as well as individuals on a personal level

### Outline

#### Session 1 - Truth

Participants will be able to identify key concepts as foundation principles and clearly understand these in order to adequately proceed, both personally and professionally.

## Session 2 - Habit

Participants will be able to:

clarify the relationship between pressure and stress

be informed about the physical, psychological and spiritual aspects of stress

be encouraged to:

- review the sources of stress within their lives
- identify those sources over which they have some control
- identify actions they can take to reduce stress by:
  - reducing the pressures on themselves
  - increasing their personal resource bank to deal with stress

## Session 3 - Action

This is a questionnaire and screen test which has been prepared during years of talking to adults about the major areas where they feel inadequate. Not all people believed that every area of their "focus assessment areas" were important to them, but all agreed a healthy minded adult should at least question themselves on where they stand in each area and to make sure they have dealt with it adequately.

Each person must have a clear and precise view of the truth of their current place in life's quadrant, personally and professionally. They must be able to adequately answer the question - "who am I?" and how to capitalise on their strengths, while diminishing their weaknesses.

Like the ecological system which exist in nature, where the health of each element in the system influences the balance of the whole environment, it is important for us to maintain the equilibrium among all areas of our life, personally and professionally.

## Session 4 - Time

Participants will be able to:

fulfil belief, behaviour and result action plans

prepare their future vision