

Don't distress - De-stress
Stress Management Group Coaching Course
Highland Lake Inn Wellness Series 2010

Course by Jeanne Lurie

In this life enhancing workshop we will explore the many and varied causes of stress, what it is and how it adversely affects our health and quality of life, we will then explore and experience a multitude of powerful stress management techniques. We will create our own personal stress profile to bring our conscious awareness to where the stressors are and what we can do about them to create balance, equanimity and inner peace.

We will experience how to create permanent changes with positive habits for a life based on health, harmony and happiness.

More than 90% of health care visits are due to stress related illness.

We can not always control the stress factors in the world but we can always control how we cope with them; we can actively take control of the stressors before they control us!

Sunday Arrival:	welcome refreshment and dinner
Breakfast:	8am - 9am
Group Coaching:	is on Monday, Tuesday, Wednesday and Thursday from 9am to 1pm with a 20 min break at 11am
Lunch:	is served from 1pm to 2pm
Afternoon activities:	are from 3 to 6pm and are prepared to encourage additional participation in the wellness concept. Walks, small 'homework' exercises, ad hoc conversations with the coach, reading, and more. Jeanne offers a unique series of personal exercises to raise conscious awareness of problem areas, observing obstacles to change, determining if we are ready to change, turning obstacles into opportunities and practicing constructive techniques to create positive changes in daily life.
Dinner:	is served from 7 to 8.30pm
Departure:	is on Friday morning and represents entering 'Phase III'

Session 1: Stress-Less, When Less is More

Welcome

Coach introduction
Code of ethics - confidentiality
Participant Introduction
Personal goals (Why we are here)
The Coaching Approach
Energizer

Agenda for today's session:

What, how and why of stress and stressors
Fear, anguish, anxiety and stress
The wheel of life and creating balance
Group discussion
Practice session

Session 2: To Distress or To De-stress

The power of choice - to be or not to be stress free
Icebreaker
Morning energizer

Agenda for today's session:

Create a personal stress profile
Tolerance, triggers and coping techniques
Stress response and relaxation response
Self-esteem and stress; stress and self-esteem

Individual work
Group discussion
Obstacles to change - Desire to change -How to create positive change
Creative goal setting - visualization
How to instantly recover Calm in a stressful situation
Summary
Practice session

Session 3 - A Delicate Balance

Habits for Life - Constructive Habits for Health, Harmony and Happiness
Icebreaker
Morning energizer

Agenda for today's session:

Personal Profile of life style habits
Choose habits to include or to exclude
Reassess stressors and Redefine values

Readiness to change, obstacles to change, Strategies for change
Creative goal setting
Dynamic stress management techniques
Group discussion
Summary - what have we learned
Practice session

Day 4 - Give Peace A Chance

Choose to live a life of peace and calm; even when life get's in the way...
Ice breaker
Morning energizer

Agenda for today's session:

The power of the mind - The power of choice
Turn the unavoidable into enjoyables

Basic necessities of life profile: Evaluation of self and environment
Finances, time, work, home management
Put it all together
Keys to change
Turning obstacles into opportunities
Strategies for success
Debrief and summary - what have we learned
Practice session

Recap, Q & A, Course Evaluation

