

# STRESS AWARENESS FOR LEADERS & MANAGERS

**THIS IS A 60-MINUTE WORKSHOP  
DELIVERED VIRTUALLY TO TEAMS OF  
UP TO 30 PEOPLE.**

We begin this workshop by defining what stress is, and at what point it can become problematic. As human beings we were designed to withstand significant amounts of stress, but many of us are not prioritising recovery, for example sleep, relaxation, good nutrition and hydration, time spent in nature and play. This workshop will educate and empower your managers and leaders to be able to spot when a team member is struggling, and more important, give them confidence to know how to approach them.





### **INCLUDED IN THE SESSION:**

- Introduction to stress and why it can be positive
- When stress leads to burnout
- What does chronic stress and burnout look like
- The types of burnout (passive/active)
- How to coach someone with chronic stress/burnout
- Review of learning, actions and Q&A

### **TAKEAWAY TOOLS AND VALUE:**

- Identify signs of chronic stress and burnout
- Be confident to ask the right questions
- Proactively manage the wellbeing of your people
- Create happy, healthy and resilient teams

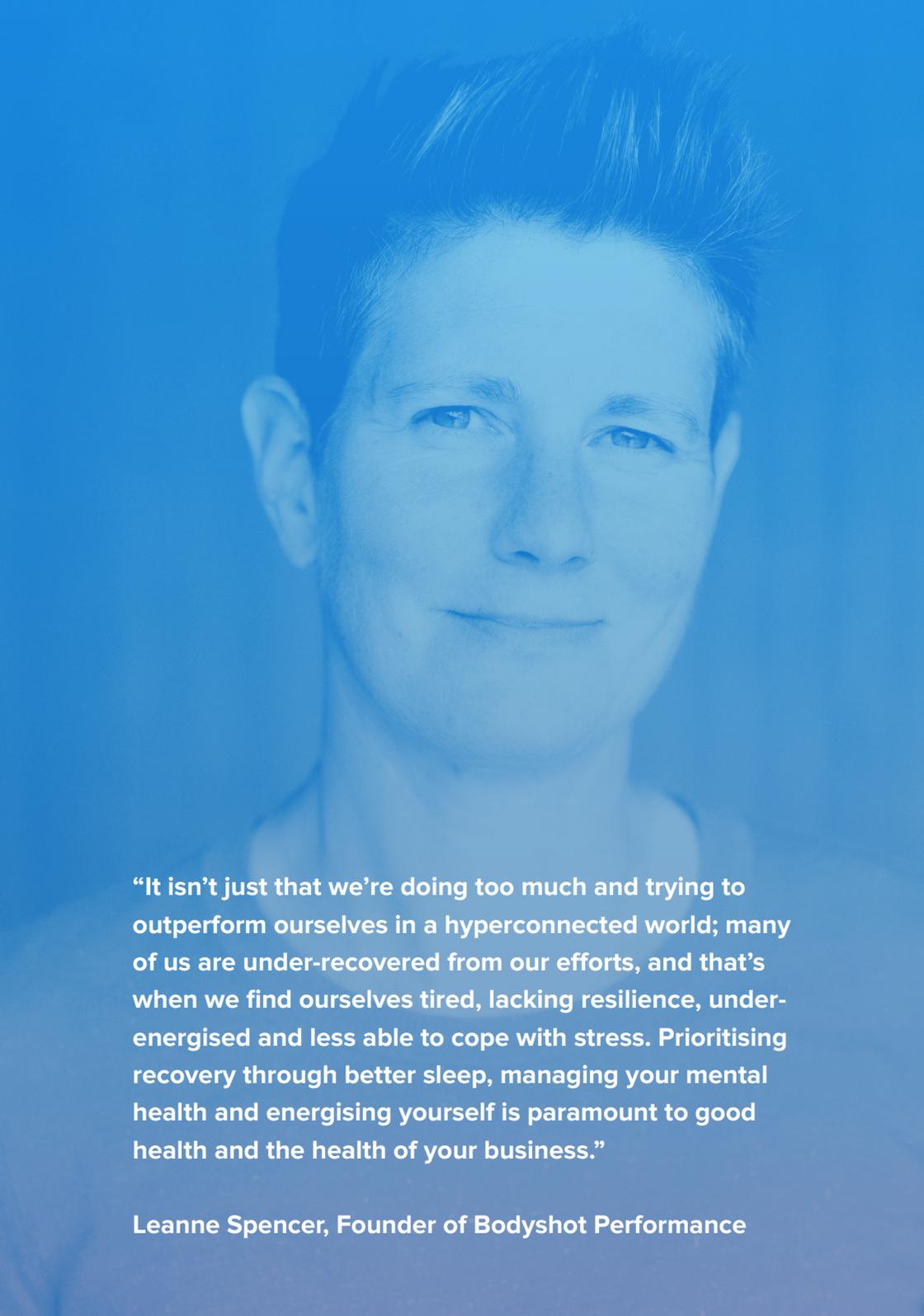


Your webinar has had over 758 views in a single day which is a Britvic record for online content! I've had quite a few emails this morning after I sent out the recording to those who attended saying they've circulated it to their teams. I suspect we will have a full house for our next session!

**Jayne Antrobus**

Group Head of Talent & Learning,  
Britvic PLC

Average Satisfaction Score 9.2/10

A blue-tinted portrait of Leanne Spencer, Founder of Bodyshot Performance, looking directly at the camera with a slight smile.

“It isn’t just that we’re doing too much and trying to outperform ourselves in a hyperconnected world; many of us are under-recovered from our efforts, and that’s when we find ourselves tired, lacking resilience, under-energised and less able to cope with stress. Prioritising recovery through better sleep, managing your mental health and energising yourself is paramount to good health and the health of your business.”

Leanne Spencer, Founder of Bodyshot Performance

Click [here](#) to find out more  
or send an email to  
[anne@bodyshotperformance.com](mailto:anne@bodyshotperformance.com)  
to request more information or book a free Discovery Session.

