

Less stress – more time

The TEAM–WORKSHOP offers an overview over the most important tools for **dealing with stress and its effects**.

The TEAM–SEMINAR opens the possibility to go deeper into some topics to develop **successful long term stress management strategies**.

1. What does stress mean to *you*?
2. Advantages and disadvantages: eustress vs. distress
3. identification and isolation of stress factors
4. internal vs. external stress factors
5. personal responsibility – the power to make a change
6. urgent *or* important?
7. multitasking and overearning
8. influence of stress on decisions
9. influence of stress on conflicts
10. financial benefits of less stress – more time

Send your requests now:

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Topics 1-10 represent partially very extensive topics. During the seminar we will go deeper into those topics, which are currently most important for the team.