

STRESS LESS PROGRAM

For emerging leaders

4 weeks of high impact coaching for a group of 8-10 staff members

Individual coaching might be outside your budget right now, and group coaching makes for an affordable alternative. When people learn in groups, their learning is accelerated, which means you get to see results much faster. Insights gained from the session can be applied immediately after the session.

How does it work?

Each week we meet for 60 minutes a dive right into the topic at hand. No fluff - we get right to the point

Topics covered during the 4 weeks:

1. Stress Management
2. Building resilience
3. Coping strategies for chaotic situations
4. Managing energy effectively during periods of stress

Each session is facilitated by a highly skilled coach with experience accross multiple industries and diverse audiences.(shop floor to CEO level)

The impact of the coaching sessions are evaluated at People level, Productivity level and Financial level.

Investment: R7500 per program for a group of max 10 staff

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