

**From this.....**



**To this.....**



**In just 5 weeks!!**

## **Stress Management Coaching and Mentoring Programme**

You will see and feel the benefits of our unique personal coaching and mentoring programme. Learn key techniques that will change your life!

- ✓ 3 x 60 minute coaching sessions plus mentoring periods and support
- ✓ learn how to recognise symptoms and causes of stress
- ✓ observe your behavioural, emotional and physical signs of stress
- ✓ write a stress diary and build your own stress management programme
- ✓ demonstrate your coaching skills and set your own personal objectives
- ✓ gain certificate of completion from the Wellbeing Academy

**Booking now for May, June & July 2011 – limited spaces available**

**Location: Rochester**

**Price: £315 + VAT**

**Contact: 01634 314090**

***The Wellbeing Academy 5 Week Plan***

<b>Stress Management Coaching &amp; Mentoring Programme</b>				
---	--	--	--	--

Week 1	Week 2	Week 3	Week 4	Week 5
60 minute introductory coaching session	Mentoring period	60 minute coaching session	Mentoring period	60 minute evaluation coaching session
360° Feedback	Coaching exercises	360° Feedback	Coaching exercises	360° Feedback
	Email support		Email support	

Week 1	Week 2	Week 3	Week 4	Week 5
Learn how to observe symptoms and causes of stress in yourself and others.	Study time to develop the skills learnt in Week 1 together with foundation homework.	Examine preventative solutions using measurement criteria.	Study time to develop the skills learnt in Weeks 1 -3 together with appropriate homework.	Coach your mentor! Time to put your communication skills to the test.
Areas covered:	Areas covered:	Areas covered:	Areas covered:	Areas covered:
Introduction to recognising and managing stress	Develop your knowledge of Week 1	Reflective review of Weeks 1 & 2	Develop your knowledge of Weeks 1-3	Assessment of your knowledge and progress
Behavioural signs of stress	Learn to expand your coaching skills	Physical and Emotional signs of stress	Learn to expand your coaching skills	Your 6 month goals and objectives
How to adopt proactive measures	Begin to build your own stress management programme	Preventative stress management solutions	Continue building your own stress management programme	Coaching and mentoring solutions for the future
Keeping a Stress Diary		Stress Diary review		