

PROPOSAL

DISCUSSION PAPER

STRESS MANAGEMENT TRAINING
FOR LEGAL PROFESSIONALS

FORMER TEACHER CELIA BARSBY
40 YEARS EXPERIENCE IN EDUCATION AND BUSINESS

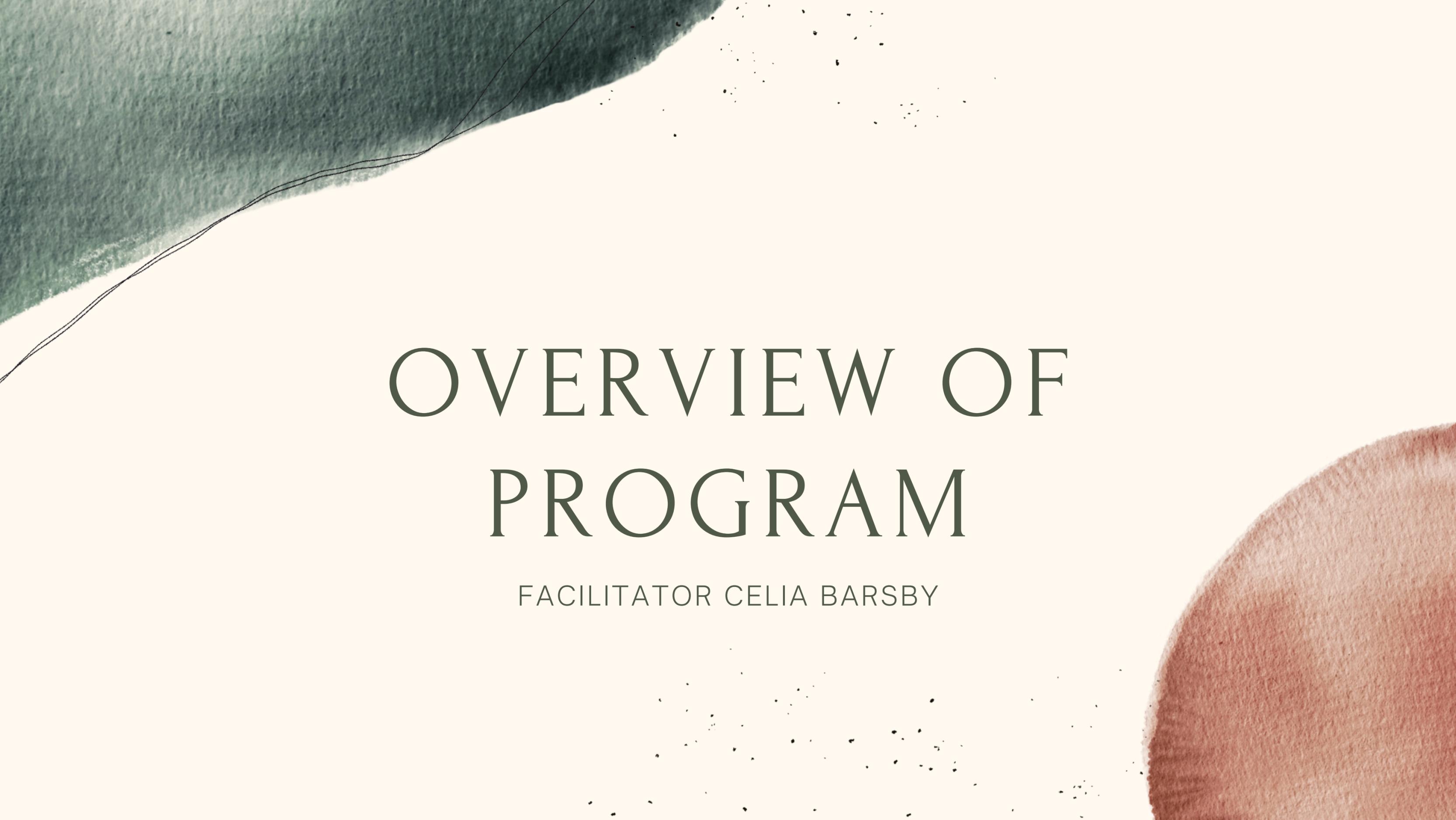


INVESTMENT
£ 2250

RECOMMENDED FORMAT

MORNING, AFTERNOON OR TWILIGHT SESSION
GROUP OF UP TO 25 PARTICIPANTS
£ 90 PER PERSON

2 HOUR WORKSHOP
ALL MATERIALS PROVIDED



OVERVIEW OF PROGRAM

FACILITATOR CELIA BARSBY



LET'S START

HAVE YOU GOT YOUR CRAYONS & PAPER?

RESETTING YOURSELF FROM STRESS



FOR THOSE WHO NEED IT MOST



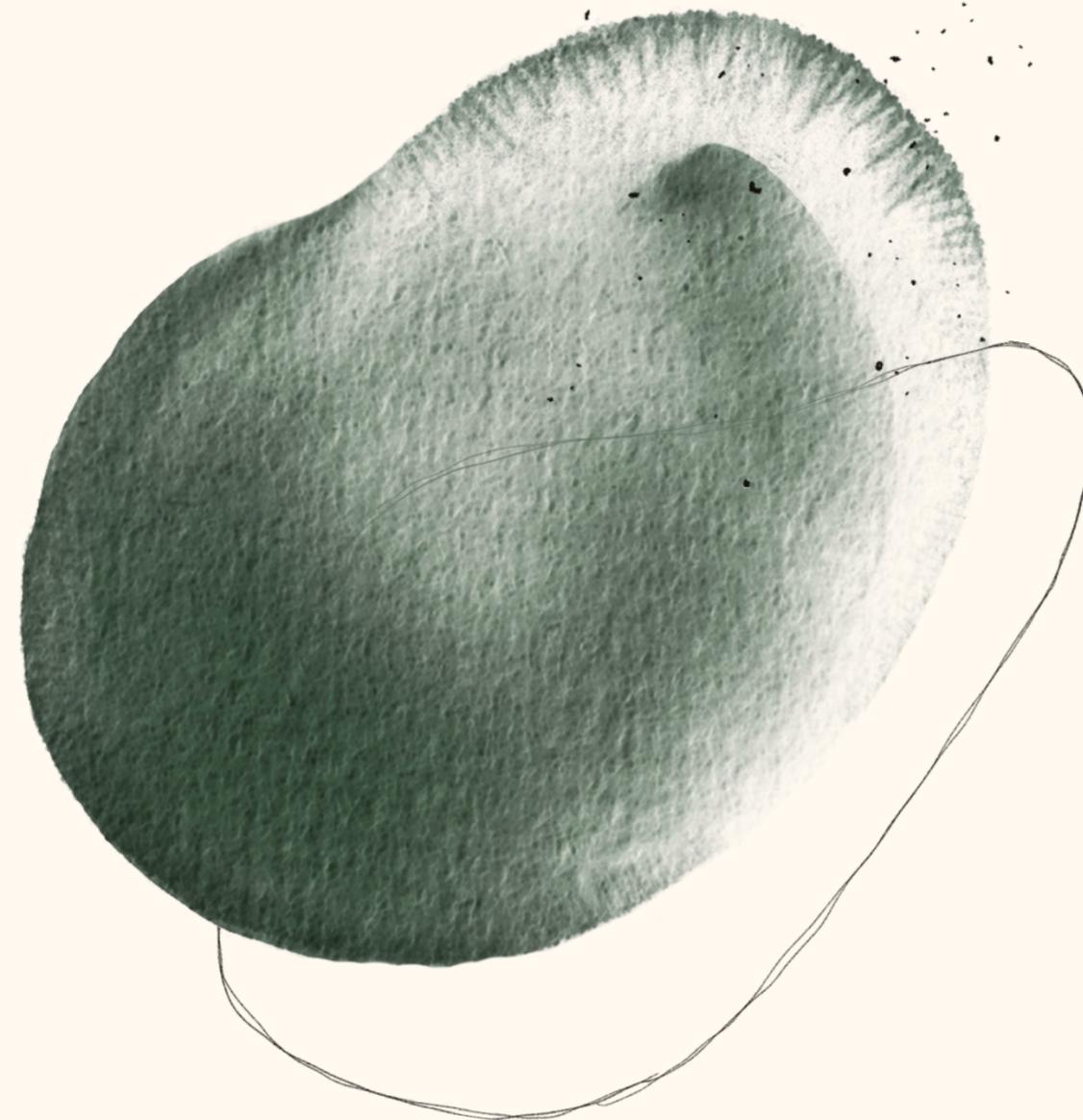


FOCUSING ON BREATH

TAKE A DEEP BREATH FOR 3 SEC.

FOCUSING ON BREATH

THEN, HOLD YOUR
BREATH FOR 4 SEC.





FOCUSING ON BREATH

NEXT, RELEASE YOUR
BREATH FOR 5 SEC.

REPEAT

STEP 2

DESCRIBE YOUR TRIGGERS



When does this feeling happen?
What happened in that moment?
Unexpected causes of stress.





STEP 3

REFRAME YOUR THINKING

Curious about another perspective?

PROS

CONS

CAN THIS BE SOLVED?

STEP 4 : SOCIAL MEDIA DETOX

TAKING A BREAK FROM SOCIAL MEDIA



AVOID

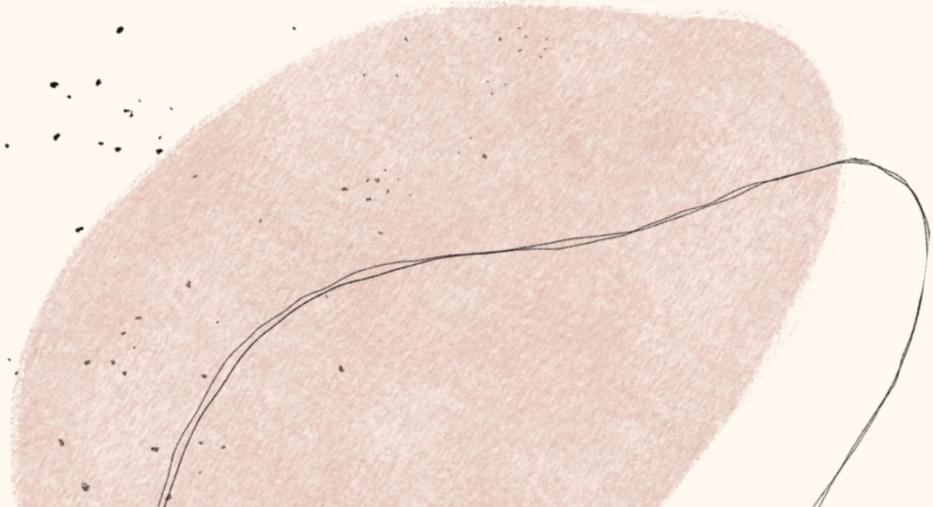
When you are stressed avoid information overload, especially from social media.

You can take a break for half a day in the morning or 1 day to 1 week.



STEP 5 : YOUR LOCUS OF CONTROL

LET GO OF WHAT
YOU CAN'T CONTROL
OR INFLUENCE





STEP 6 : WORDS HAVE POWER

WHAT ARE YOU SAYING TO YOURSELF



STEP 7 : SET YOUR BOUNDARIES

ARE YOU PICKING UP OTHER PEOPLE'S ENERGY?



STEP 8 : WINDOW OF TOLERANCE



STEP 9 : SAY IT ALOUD

TALK TO A TRUSTED FRIEND



STEP 10 : ARE YOU HAPPY WITH YOUR COPING STRATEGIES

DO THEY LIFT OR LOWER?





STEP 11

ENERGY CLEARING





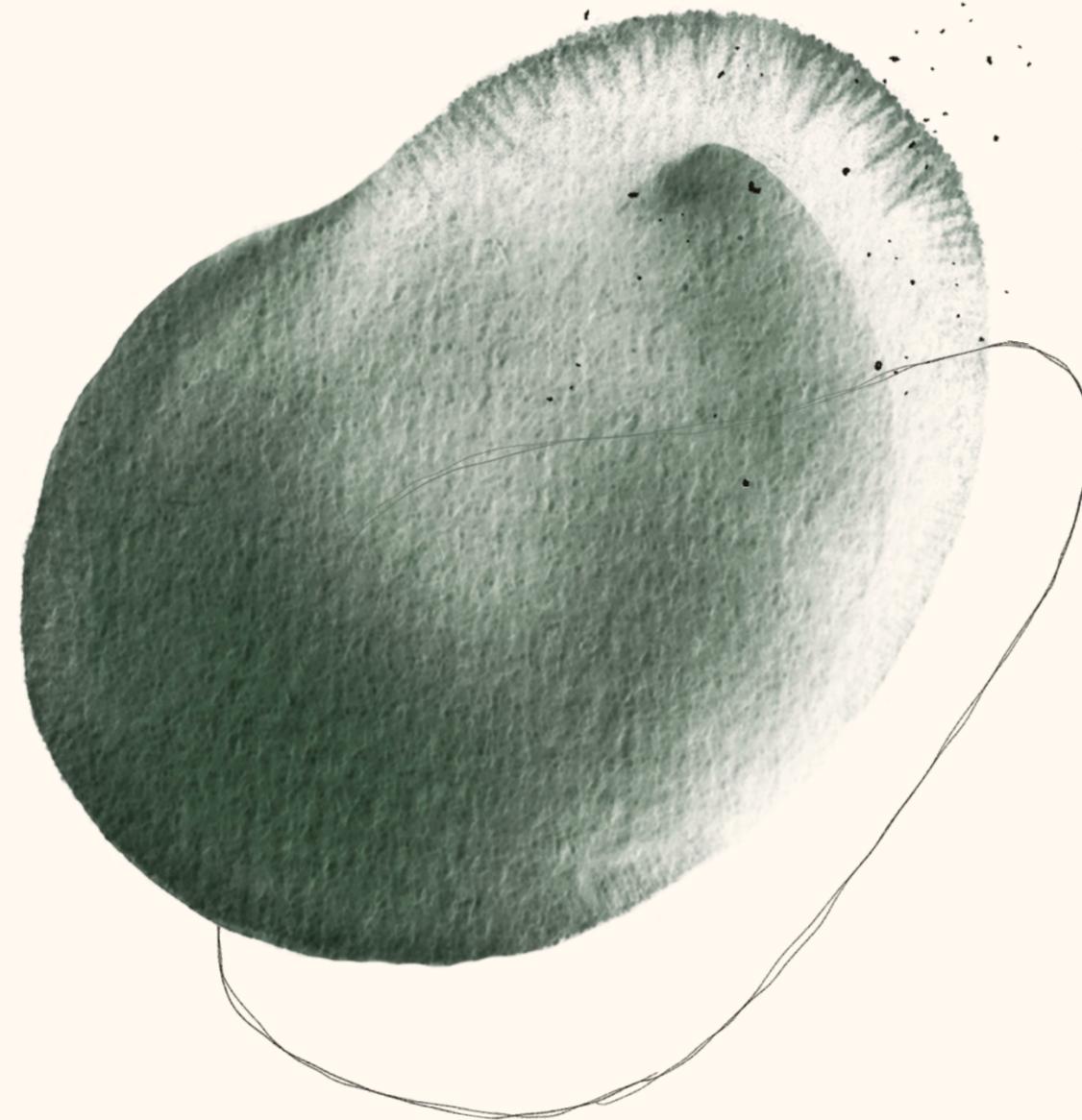
STEP 12 : WRITE IT DOWN

THE POWER OF THE JOURNAL



STEP 13 : CHANGE THE FREQUENCY

SCRIBBLE AND COLOUR



THE MAGICAL 3 C'S

- CURIOSITY
- CALL IT
- COUNTERBALANCE

NEXT STEP : STRESS AUDIT

FREE WELLBEING SESSION

FROM ONE PROFESSIONAL TO ANOTHER LET'S
CHECK IN
FILL IN THE HANDOUT AND GIVE THE BACK PAGE TO
CELIA BEFORE YOU LEAVE

YOUR LIFE

YOUR WORK

YOUR ENERGY