



A COURSE

## «Building up resilience to the work-related stress»

BASED ON

COGNITIVE AND BEHAVIORAL APPROACH  
&  
THE LATEST NEUROSCIENCE RESEARCH FINDINGS

### ABOUT THE COURSE

According to the European Agency for Safety and Health at Work “the work-related stress is experienced when the demands of the work environment exceed the workers’ ability to cope with (or control) them”.

The rapidly increasing speed of business and the expectation of more, better and faster results in the necessity of constant changes. Business and organisational aspects must be regularly adapted and improved in order to face growing competition. Rapid technological developments, which involve the processing of large amounts of information and work reorganizations, causes significant stress at work. Stress has become one of the main causes of disability and inability to work in recent years. The stress that employees struggle with became excessive and started to cause problems that became more and more noticeable to employers. Exposure to stress is considered by the EU workers to be the main workplace health and safety risk. The analysis of the European Working Conditions Survey (2016) confirmed general health of employees (both mental and physical) is positively correlated with sustainable work.

There are many ways to cope with stress. During the course you get familiar with the stress mechanisms and our brain and body reactions to it. You build up your resilience to stress based on the **holistic well-being model** and the **adaptive intelligence model**. You learn why and how we can positively change our modes of thinking when coping with stress and in result to stay more calm in difficult situations. This course presents practical knowledge and provides the ready tools immediately applicable in the daily life. Thanks to the fact that it refers to the latest achievements in the field of neuroscience, it is very attractive and powerful.

#### GOAL:

The course helps you to **understand** the stress and the different reactions to it. It presents two important **models** that help to effectively build up resilience to stress, change the modes of thinking and behavior, and **improve the adaptive intelligence**. It provides the condensed knowledge and tools necessary **to make our response to stress more adapted and adequate**.

#### ADDRESSED TO :

All professionals who wants to better cope with stress at work and life :

- managers & executives,
- heads of department,
- project managers,
- program managers,
- employees, ...

**PROGRAM** (the course can be tailor-made; adapted to the company's need)

## I. Introduction

- The holistic model : top-down <=> outside-in <=> bottom-up
- The brain-based model of adaptive intelligence

## II. The brain and body reactions to stress

### 1. Understanding emotions and stress

- The origin and different types of emotions and stress
- Emotional pain; worry, anxiety, depression, trauma..
- Somatic markers, conscious
- Consequences

### 2. Intelligence of stress

- The stress mechanism
- Our different responses to stress
- The brain and body reactions
- The interdependent reactions: thoughts - emotions – behavior.

## III. Building up resilience to stress

### 1. Boosting the adaptive intelligence

- The brain-based model
- Recognizing different “mental responses”
- Changing 'fixed' thinking into adaptive mode - examples

### 2. Mind-body approach

- Practical use of the holistic model : top-down <=> outside-in <=> bottom-up

## IV. Integrating theory with the real cases

- Case studies; Exercises

## RESULTS :

- You acquire the practical knowledge and obtain the ready tools immediately applicable to your daily life.
- You better understand stress.
- You have a deeper insight of the brain-body reactions.
- Your adaptive intelligence increases.
- You better understand your automatic reactions and how to translate them into more adapted ones.
- You can practice your knowledge in many interesting exercises.
- The participation of the others in a group will broaden your horizon.



## TRAINER:

### **Beata Cnudde**

- » Founder of the Institute EME, Managing Partner at Fulcrum Partners, Brussels
- » Coach (ICF), trainer, bio-& neuro-feedback trainer.
- » Graduated in Master and PHD studies in management and finance.
- » Graduated from the inter-university study-program of the *Université Libre de Bruxelles* and the *Université de Liège* in the field of social psychology.
- » Completed many professional courses; most recently «The Neuroscience Academy»
- » For many years worked in the financial world of the European Union, in public and corporate sectors.
- » Author of many articles in economics, coaching and personal development.

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**IN -COMPANY COURSE** (tailor-made)