

Stress Release Workshop

Individuals and organisations are experiencing huge changes in virtually all dimensions of the socioeconomic environment. The reality is that change fills us with anxiety, doubt and fear. Implying turmoil, ambiguity, uncertainty and a loss of control which may heighten employees' feelings of anxiousness.

Negative, anxious and fearful thoughts limit individual coping, engagement and creativity. Body-based techniques remove and/or alleviate feelings of isolation, fear and separateness and can profoundly change our basic outlook. These techniques can heal human relationships through the transformation of our perceptions of ourselves and of others, while enabling new thinking methods.

The aim of this workshop is to reconnect us to our bodies in the present moment. As we reconnect with our bodies we are able to re-establish balance, recreate meaning and eradicate our self-imposed limits.

This 3 day programme will enable delegates to:

- Identify the impact of stress and/or tension.
- Understand the role of the brain in relation to stress and/or tension.
- Learn and apply effective stress and/or tension reduction techniques.

As a result delegates will experience reduced stress which will allow you to be able to:

- Manage your work more effectively, while being more productive.
- Enjoy a more balanced lifestyle.



- Be more assertive.
- Be more in control of daily activities.
- Be better able to manage yourself and your emotions.

Workshop Outcomes

- Understanding the role of stress in the body.
- 6 Tension Release Exercise (TRE®) sessions.
- 6 Stillness Sessions i.e. stillness, meditation, breathing, visualisation, silence, journaling / drawing

Workshop Duration

Join us for this energising 3 day workshop to reconnect with your body and re-establish balance.



Dates and Regions

- 6 – 8 October 2015: Johannesburg
17 Friar Tuck Rd, Robindale, Randburg, Johannesburg
- 20 – 22 October 2015: Cape Town
- 24 – 26 November 2015: Cape Town
- Temenos, McGregor*
(*accommodation available on site)

Fee per Delegate

R6500.00, includes learning material, refreshments and a certificate of attendance

Contact Us

Registration can be made via email at info@mandalaconsulting.co.za

Terms and Conditions

- Invoices are payable five days prior to the course date.
- If a learner cannot attend a course they may be substituted by another learner.
- For cancellations within 5 days of the course, that and are not rescheduled a 20% cancellation fee will be charged.
- For cancellations within 2 days of the course, that and are not rescheduled a 100% cancellation fee will be charged.