



Jon Boekelmann-Evans

## Course Outline

Full day INSET  
(half day available)

Content will vary with  
length of course

# Pressure Management & Resilience for Busy People

Since 2000, Jon's highly acclaimed INSET courses have won praise from hundreds of independent, state schools, academies and educational organisations.

This outstanding course provides your teaching and support staff with everything they need to be able to effectively handle the day to day pressures of a busy life and a busy job, as well as helping them to be as robust and resilient as possible.

### Introduction and Context

UPDATED

Introduction and aims of the training. Reassuring anxious delegates. Explaining what Emotional Health is and why being emotionally healthy is the key to our mental health and is at the heart of our ability to deal with stress, cope with pressure in a productive way and be at our most resilient. How checking, and if necessary changing, your attitude towards yourself, other people and life in general, can lay the groundwork for future happiness and wellbeing

### Wellbeing: Don't Buy What You've Already Got

NEW

A paradigm shift that brings clarity to a confusing concept - essential for Managers/HoDs

### The 3 Ps: A Helpful Diagnostic Algorithm

Work out why people get stressed - essential for Managers/HoDs

### ACTIVITY: Personality and Pacing

NEW

A questionnaire that provides behavioural insights about yourself and those around you - essential for Managers/HoDs

### PRACTICAL: First Aid for strong emotions

FAVOURITE

For stress, anxiety, anger, overwhelm and emotional hi-jacking events - everyone should know this technique

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### ACTIVITY: "I think I might be stressed!"

UPDATED

How to identify the physical, psychological and behavioural warning signs of stress and possible emotional health issues in yourself and others - essential for Managers/HoDs

"Great course! Jon had my undivided attention throughout. So informative, really enjoyed it, many thanks."

Angela Crolle, Birchwood High School



## Course Outline continued

# Pressure Management & Resilience for Busy People

### PRACTICAL: The posture - mood connection

FAVOURITE

Why improving your posture is a shortcut to dealing with pressure and stress more effectively, increasing self-confidence and changing your mindset

### Emotional Needs - The givens of human nature

UPDATED

How to assess how well your own emotional needs are being met. An organising idea that underpins all Emotional and Mental Health - essential for Managers/HoDs

### Is there enough C.R.A.P. in your life?

An acronym and to live by and some habits to adopt

### PRACTICAL: The ultimate Mental Focus Technique

FAVOURITE

A mental focus technique widely used by sports people and business leaders - instantly relax, regain focus, reduce stress, and activate resilience - essential for Managers/HoDs

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### Resilience: Six of the Best

NEW

What the research tells us are the six best ways to ensure that your naturally occurring resilience is in tip-top condition

### ACTIVITY: Why have Emotionally Meaningful Goals?

NEW

Being emotionally connected to the things you want to achieve in life can be an incredibly powerful way to overcome setbacks and deal with challenges

### Challenge and Change: The nature of life

NEW

How to ensure positive Pressure doesn't become negative Stress by reminding yourself there's no challenge in life you can't face

### The Happiness Horizon: 2 minutes-a-day is all it takes

NEW

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### Work/Life Balance - is there a better way?

### The Good Sleep Guide: Resilience begins here

UPDATED

### PRACTICAL: Two physical interventions to empower your life

FAVOURITE

Control and reduce the two most common physical manifestations of stress and overwhelm with these quick, effective and fun techniques

### PRACTICAL: Mindset Mastery

NEW

A simple visualisation technique that can help you inhabit the best mindset for your life

*"The best course I have ever attended on any subject! Engaged everyone at all levels - would highly recommend!"*

Pat Wilcox, Old Palace of John Whitgift School