How to Stay Motivated in Challenging Times

Course Summary

Description

Pain in life is inevitable; misery is optional…Annoying situations and people are inevitable; giving away your power to them is optional…Being busy is inevitable; feeling overwhelmed, taking work home with you, and staying up all night is optional…It's always a choice…
Now more than ever, we are reevaluating what the big things in our lives are and what ought to be the small, trivial things. This workshop or keynote presentation gives participants a perspective shift and shows them how to make the best choices for themselves and their lives.

Objectives

At the end of this course, students will be able to:

- Reduce self-created stress and the habit of blowing things out of proportion.
- Pull yourself out of harmful reaction spirals and incorporate quick relaxation techniques.
- Boost your professional productivity and personal happiness.
- Stay in control of your own emotions.
- Channel the energy that is wasted worrying and use it to create the circumstances you desire.
- Infuse your life with greater wisdom and restraint.
- Express gratitude for what you have instead of disappointment over what is perceived to be lacking.
- Spend more time being creative and productive and less time feeling annoyed or frustrated.
- Reduce the expenditure of energy on future events and the things they can't control.
- Decrease complaining and negativity and increase teamwork.
- Stop "dramatizing the deadlines."
- Become more effective and productive by focusing on things they can control.
- Assume personal responsibility for the things and situations they don't like.
- Cope more easily with workloads, expectations and the daily dramas that cause stress and burnout.
- Spend more of your time being creative and productive- and less being bothered, annoyed or frustrated.
- Remind yourself of the frailty and impermanent nature of life, and what it costs you when you get yourself stressed.
- Get clear on what the big things in your life are and what ought to be the small, trivial, things- and expend your energy accordingly.
- Gain a better balance and healthier perspective in life to ensure that your days are more peaceful, satisfying and enjoyable- both at home and on the job.
- Incorporate quick "pattern interrupt" techniques into your life to cool yourself down when you feel yourself starting to "lose it."
- Focus on what you can control, which makes you not only less stressed, but more effective and productive.
- Make choices in order to take responsibility for the things that you don't like in your life instead of stressing over them.
- Define in your own terms what it would take to feel a sense of happiness, success, and inner peace.
- Break the cycle of "obsession paralysis" and the habit of blowing things out of proportion and making them worse than they really are.
- Embrace the inevitability of change in life instead of fighting it.

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Course Summary (cont'd)

- Channel the energy that is wasted worrying and use it to create the circumstances you desire in your life.
- Stop keeping yourself constantly running throughout life and feeling as though you're never done.
- Get in touch with what you are grateful for and what is going well in your life, and be able to remind yourself and return to it quickly.

Topics

- Stress management
- Frustration management
- Mental toughness
- Focus of control
- Overcoming workplace negativity
- Resiliency
- Decreasing worry and self-inflicted problems
- How not to make things worse then they already have to be

Audience

- Professionals who are in high pressure or high exposure roles
- Professionals who work in environments where expectations are high and resources to meet them are scarce
- Professionals who work in environments and industries where there are inherent frustrations
- Professionals who work with customers or the public
- Professionals who need to effectively control their emotions to be successful

Prerequisites

There are no prerequisites required for this course.

Duration

Two days

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