

**stress management**  
a guide to personal  
resilience & managing  
your stress ✈

# stress management

Stress plays a part in all our lives, whether in the workplace or at home. We all need to learn tools and techniques to help us manage that stress and develop a resiliency that will help in all areas of life.

**Q** do you want to learn stress management techniques?

**Q** do you know people who you'd like to help manage their stress?

**Q** do you have a general interest in stress management and resiliency?

**then this is the course for you**

**A**irways New Zealand has run a highly successful stress management course for its staff for the last two years. And in response to requests from the aviation industry, the course is now being made available to an external audience.







Presented by experts in the stress management field, the course was researched and developed for the stressful air traffic control environment. The course content, however, is meaningful

for anyone. Whether you're a pilot, a technician, ground crew or working in support services – or whether you're currently experiencing high levels of stress or simply wanting to learn preventative techniques, the course is relevant to all.

Set in a relaxed environment, the sessions have a practical focus, including group discussions that enable participants to use their own experiences and backgrounds.

# training

The course is held in Christchurch and runs over three days. Airways has brought in external presenters, all experts in their fields, to cover topics such as:

	breathing and relaxation techniques
	your personal values and how they effect your stress levels
	sleep techniques
	conflict resolution
	the psychology of the stress response and how it impacts on your body
	Your responsibility under the health and safety act

**You'll even get a neck and shoulder massage**

# **our expert presenters include:**

**Sarah Fifield, PhD in Psychology**

**Rosemary Mannering, Physiotherapist**

**Brad Norris, M.Sc in Industrial and Organisational  
Psychology**

**Alex Bartle, MB BS, PGDip Sleep Medicine, FRNZCGP**

**Hamish Galloway, LLB (Hons), BTheol, MBS (Dist)  
Dispute Resolution**

**Lance Cao , B.Med, Dip. Acupuncture**

## **investment**

**\$999 + GST per person**

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