

Stress Management Seminar - “Manage stress with confidence and ease”

Your work is piling up? 50-hour workweek: No rarity? Unable to relax even in your spare time? The Stress Management Seminar “manage stress with confidence and ease” provides a remedy and leads to a success experience in a short space of time!



Your benefit

You get to know the different levels on which stress occurs and analyze what your personal stress amplifiers are. Based on this we develop a personalized stress management program.

The consistent implementation and use of this program in everyday life will not only result in a better performance, but also positively impact your personal work-life balance.

Target group

Executives who are willing to critically reflect on their behavior and stress situation and who are motivated to do something for their “personal burn out prevention”.

Seminar Content

1. Strategic self and stress management

On this level we establish a highly practical way to deal with stressors through effective time and self-management. Your self-management skills improve!

2. Mental Training

On this level, personal stress amplifiers are analyzed. Based on this analysis, we develop an individual program on how to soundly deal with these stress enhancers. You gain flexibility!

3. Regeneration techniques

In addition, simple regeneration techniques are practiced, which help to reduce stress in a reasonable amount of time. Relax and enjoy!

Methods

Stress checks, group work, and individual work. The seminar is based on the teachings and concepts of Professor Kaluza, one of the leading experts on stress management. It has been restructured by Kaspar Consulting and specifically adapted to executives.



Trainer Profile

Philip A. Hofstetter is a passionate executive coach, consultant, facilitator and trainer. He delivers 1:1 executive coaching, leads team-building retreats, runs neuroleadership training sessions and consults for global companies as part of large leadership development and culture change programs in English, German, French and Spanish.

From his experience as a lawyer (Master of Law) and heading up a group department at a large asset management firm he is familiar with managing high workloads and knows the effects this can have on your stress level and wellbeing.

Made to Measure Seminars

We would be delighted to arrange a tailored program for your company's internal leadership development program. We tend to facilitate for larger groups of 8-12 participants. If you would like to do a "continued education program" for a smaller group of 2-5 participants, we can arrange a one-day made to measure stress management seminar in "coaching" style.

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