

# Stress Management

Understand and Manage Your Stress to Realize Success by Leveraging MBTI®



Leadership  
Strategies

## WHY IT WORKS

In the workplace, individuals encounter stressors that can either undermine their performance or propel their success, depending on how they react to them.

## LEARN HOW TO

This workshop is designed to help participants recognize the circumstances or events that are likely to trigger stress reactions and provide information and tips, based on their MBTI® preferences, on how to deal most effectively with the challenges they present. \*Requires completion of MBTI® 1: Know Thyself Workshop.

## IDEAL FOR

- **Individuals/Teams looking for ways to navigate stress in a healthier way**
- **Self-understanding and individual development**
- **Team building**
- **Management and leadership training**
- **Coaching**
- **Organizational development**
- **Diversity and multicultural training**
- **Problem solving**
- **Career development and exploration**
- **Academic counseling**
- **Education and curriculum development**
- **Relationship counseling**

## DURATION

Half day

## FORMAT

Virtual

In-person

## OBJECTIVES

- Understand the basics of personality type theory.
- Self-assess your personality type preferences, look at your reported type, and decide on your best-fit type.
- Increase self-awareness about your personality type style.
- Apply type understanding to stress management.

## AGENDA

### Half day Workshop

- Welcome, Session Overview & Introductions
- Break
- Introduction to Type and Stress
- Looking at Type and Stress
- The Mechanics of Type and Stress
- Do's and Don'ts at Work
- Returning to Normal
- Lessons from Stress
- Session Close, Review, Next Steps

leadstrat.com 800.824.2850

Give us a call  
when you're ready  
to Level Up!



Level up.