

Reducing Stress, Maintaining Performance

Equip employees to understand their stress triggers and practice healthy, effective coping strategies

THE GAP

In banking environments, where market volatility and regulatory deadlines are constant, chronic stress impairs wellbeing, decision-making, and attention to detail, which leads to avoidable errors. Most organizations address stress reactively. This program builds proactive capability.

THE SHIFT

- From stress as a personal weakness to stress as a physiological response that can be managed
- From reactive coping after burnout to proactive management through daily habits
- From relying on willpower to using the TEA cycle to switch states intentionally

WHAT'S INSIDE

- Stress assessment and baseline self-reflection
- Work-related stress triggers and burnout
- Impact of stress on performance, working memory, and decision-making
- Stress energy pathways and the TEA (Thoughts, Emotions, Actions) cycle
- Switching stress energy pathways and neuroplasticity
- Acute versus chronic stress
- Internal and external stressors
- Stress management: mind-body approach, mindfulness, flexible coping, emotional regulation, lifestyle habits

WHAT YOU WALK AWAY WITH

- Reduce employee absenteeism
- Boost productivity through better stress management
- Improve work-life balance across teams

WHO IT'S FOR

- Employees at all organizational tiers, from front-office staff to senior executives



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