GENERAL AGENDA

Level I STRESSCARE Mastery™ and Mentor Training

Day ONE
1:00 – 5:00

• Introductions, intentions, and training objectives
• Understanding the causes and cost of stress – personally, professionally, organizationally
• BREAK
• STRESS Nature Assessments – Understanding Your Personal Response to Stress

Day TWO – Physical and Emotional Resilience Practices
8:30 – 5:00

• The LifeCentrics “Model for Integrative Wellness”
• Relationship of STRESS Natures to 7 dimensions
• Habits of Happy People- Resilience
• BREAK
• Assembly of your STRESSCARE “Tool box” for mind, body and spirit and emotions
• PHYSICAL STRESSCARE:
• LUNCH BREAK – Practice mindful eating
• PHYSICAL STRESSCARE continued
• HOME and ENVIRONMENTAL CARE – The relationship between home and body
• BREAK
• EMOTIONAL STRESSCARE - Understanding the relationship between what you think and how you feel

DAY THREE – Mental and Spiritual Resilience Practices
8:30 – 4:00

• MENTAL STRESSCARE – witnessing thoughts
• SPIRITUAL STRESSCARE - nurturing the soul
• Break
• Group Exercise
• Lunch Break
• Case Studies: Small group processing
• Break
• Group presentations and feedback