Managing Stress in the Workplace

Gaining Back your Focus

Mark Bosworth
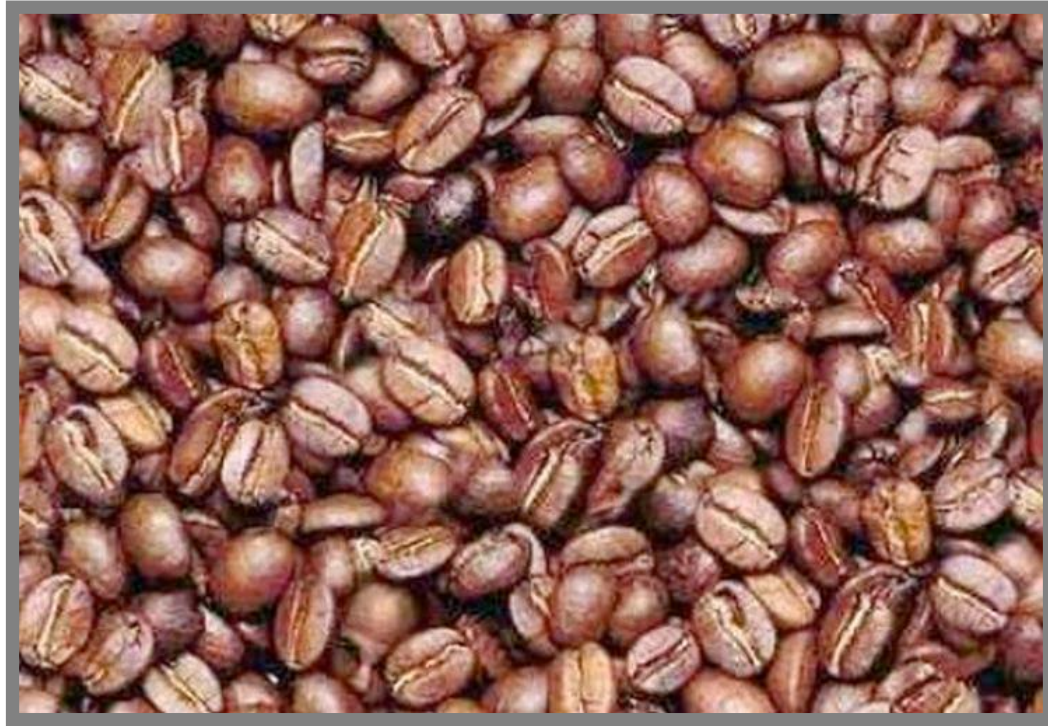
If there is one thing that excellence in sports and excellence in work have in common, it can be summed up in a single phrase:
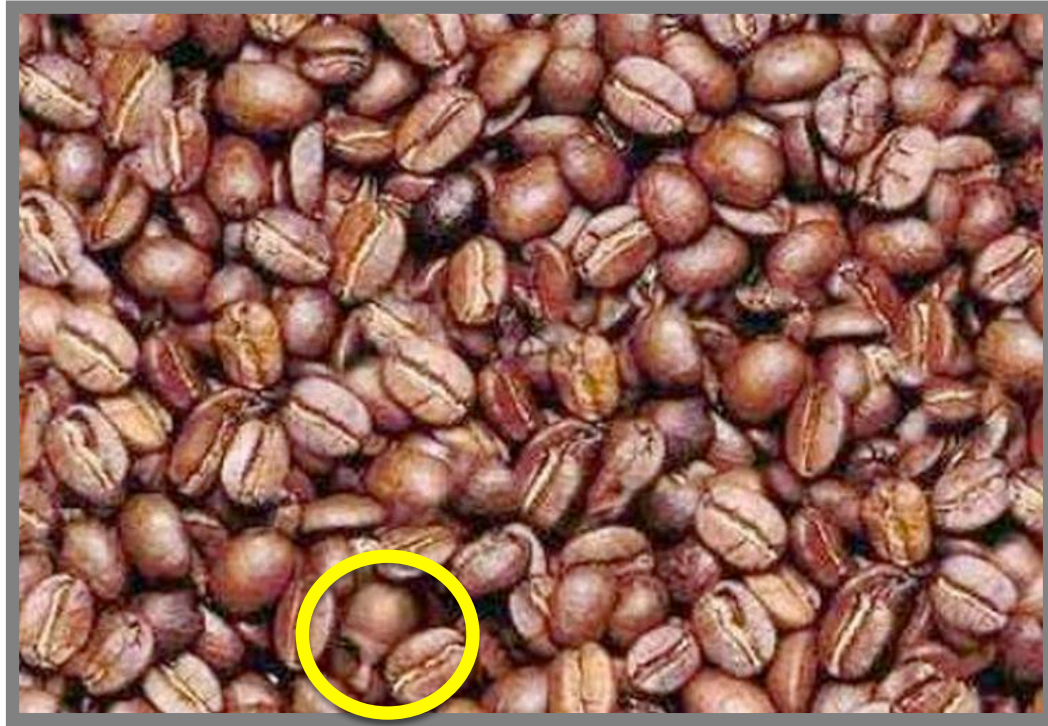*Focus of Attention*

Timothy Gallwey
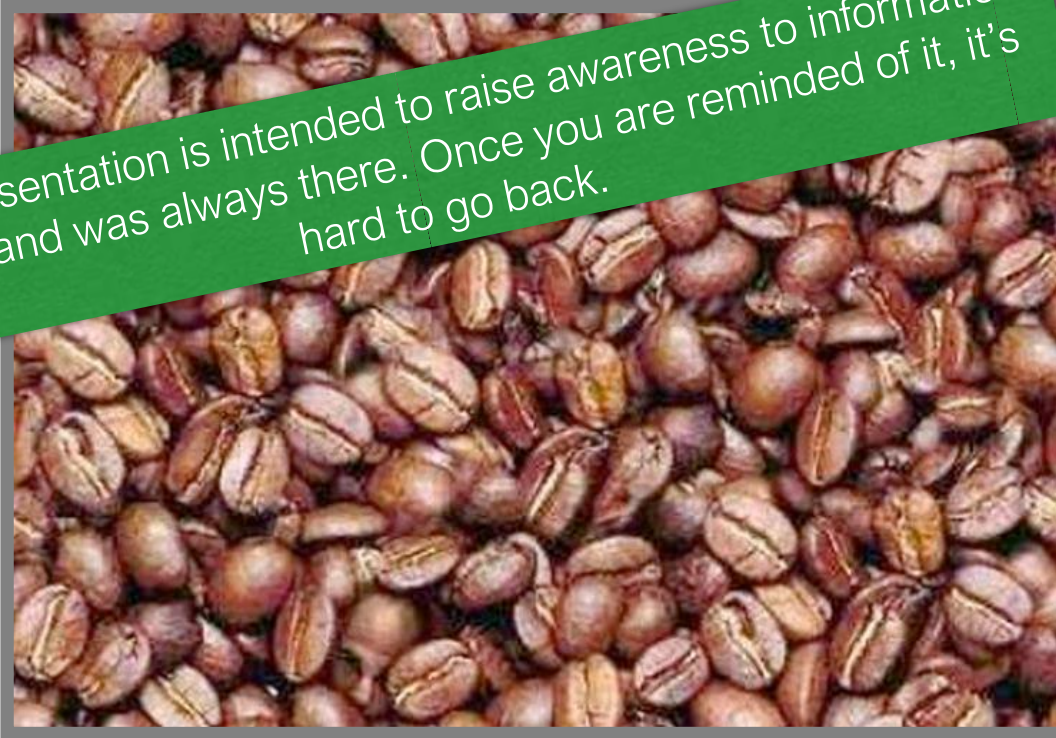
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This presentation is intended to raise awareness to information that is and was always there. Once you are reminded of it, it's hard to go back.
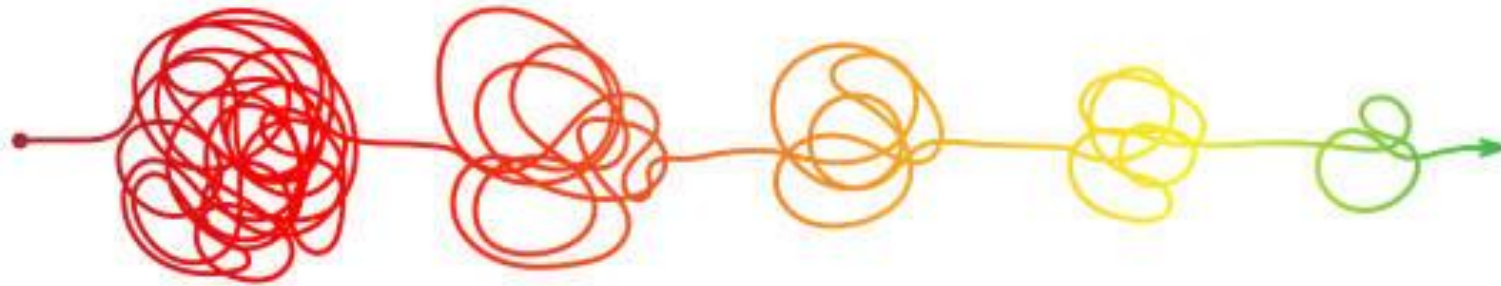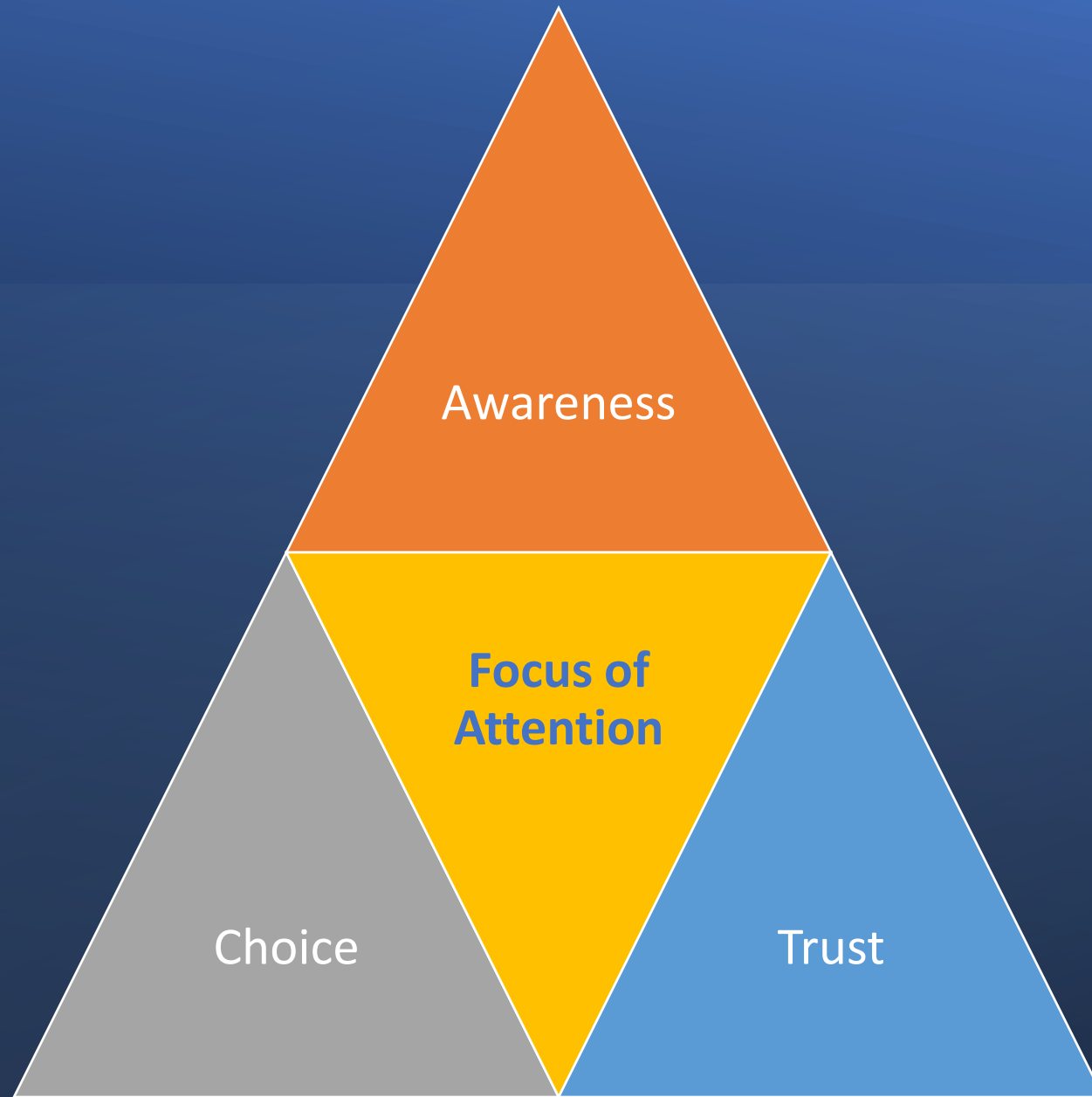
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What I want you to discover…

Ways to reduce the impact of the stressors in your life so you can focus on the things that matter and achieve the results you need.
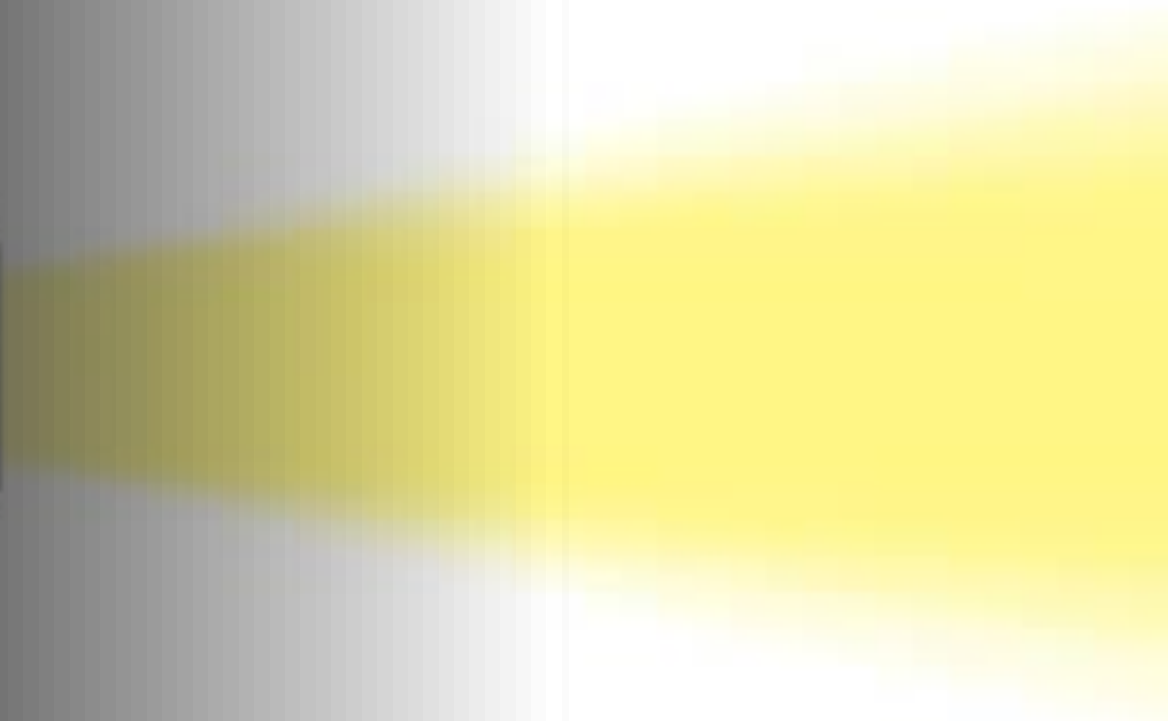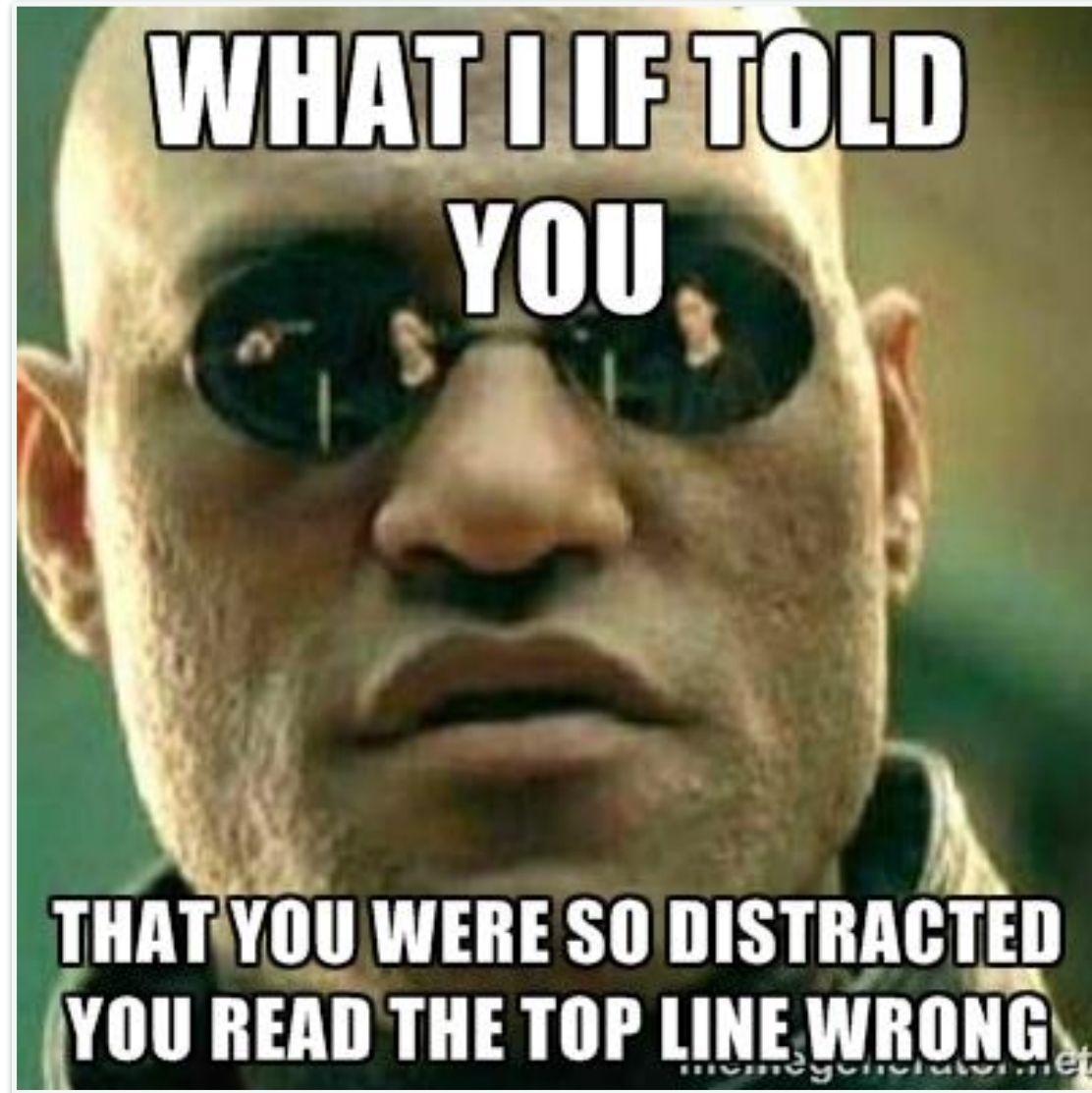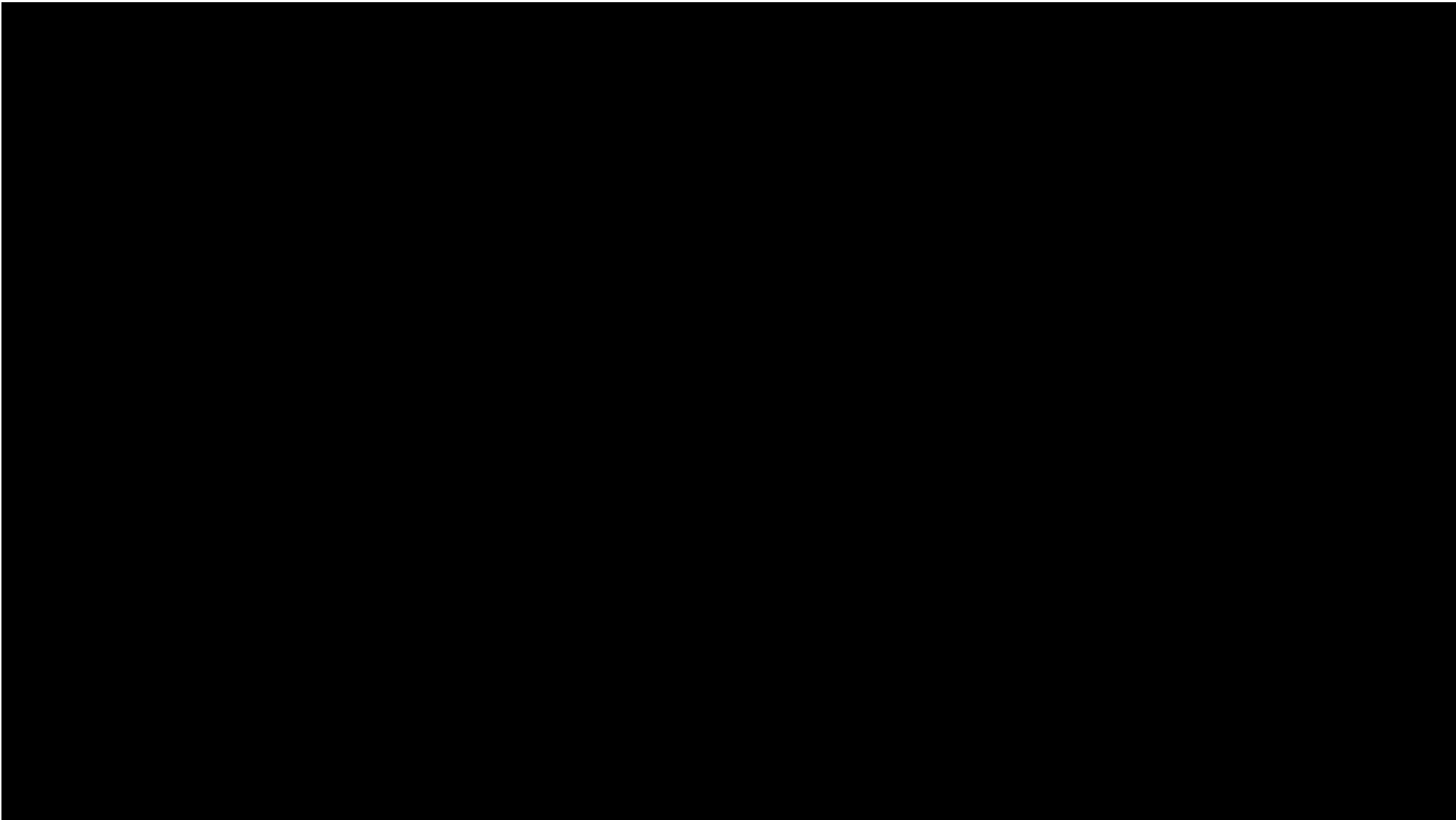
Our Focus of Attention

The Inner Critic
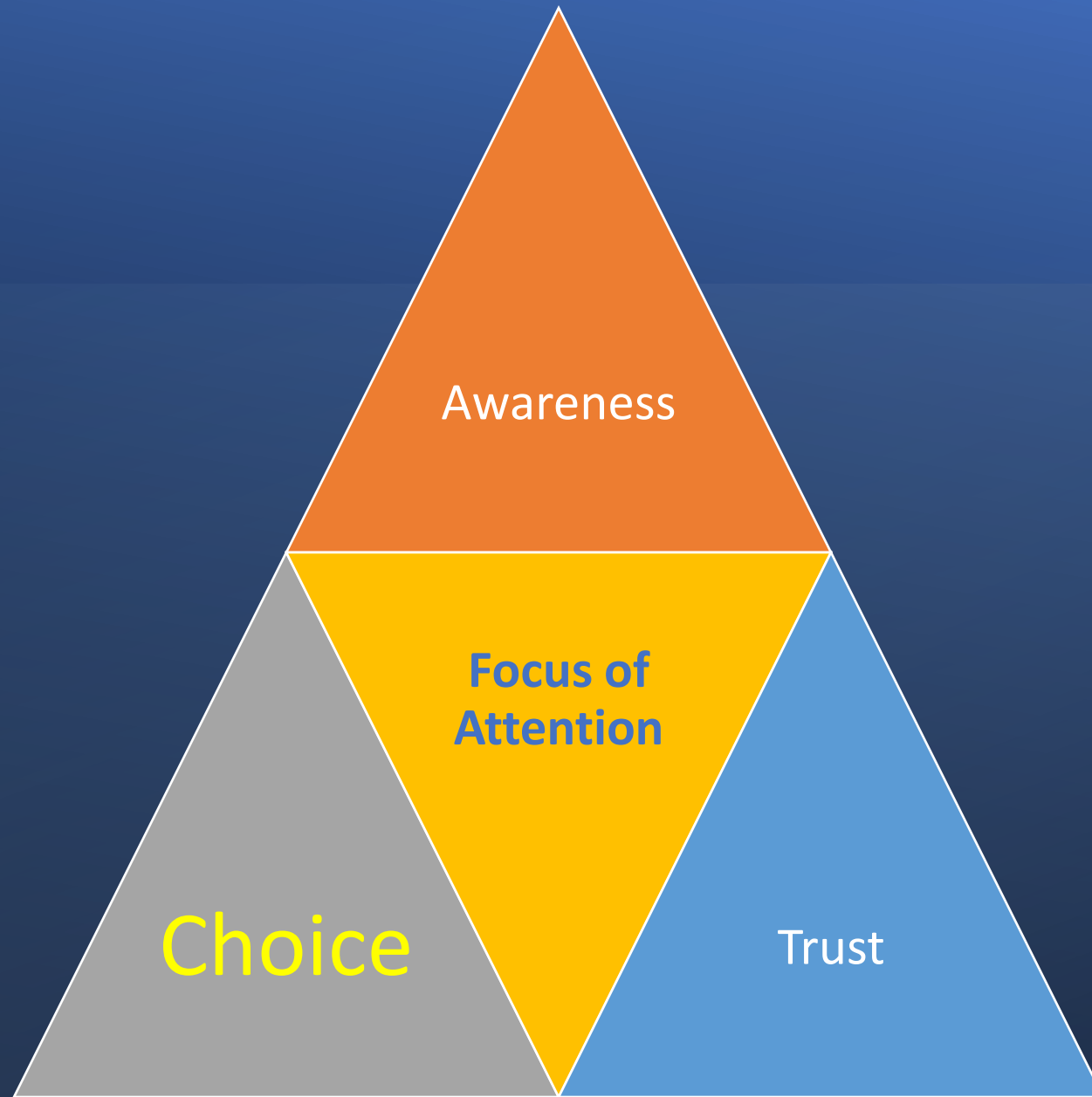
Awareness

Pay Attention!

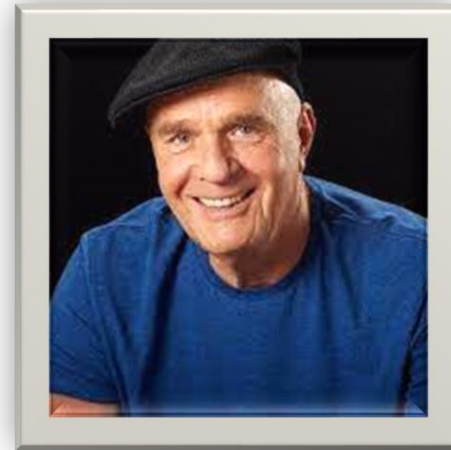"Be curious, not judgmental"
Walt Whitman

Choice

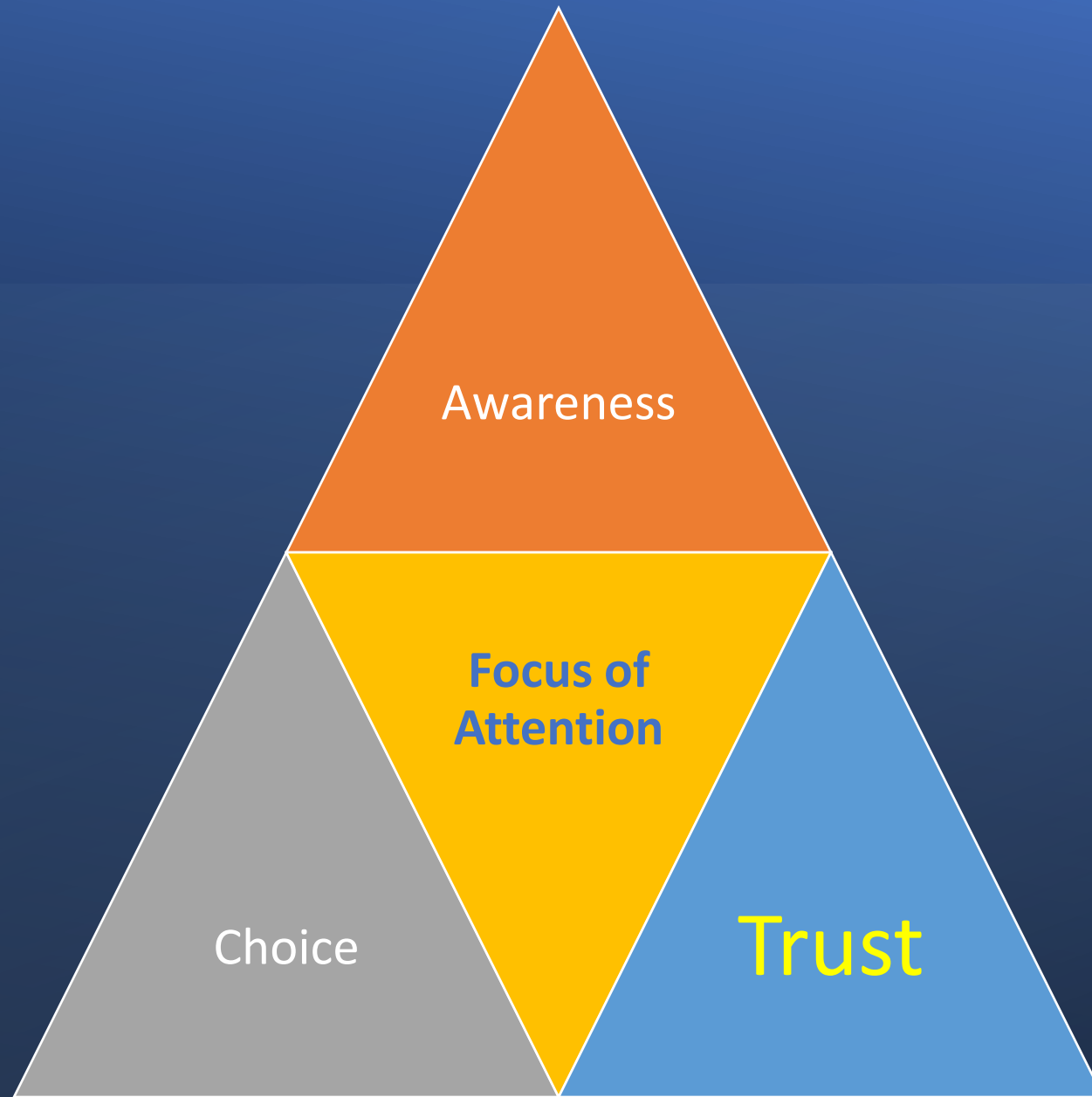You cannot always control what goes on outside.

But you can always control what goes on inside.

Wayne Dyer

Support choice by being clear about your priorities.

Trust

The Inner Critic
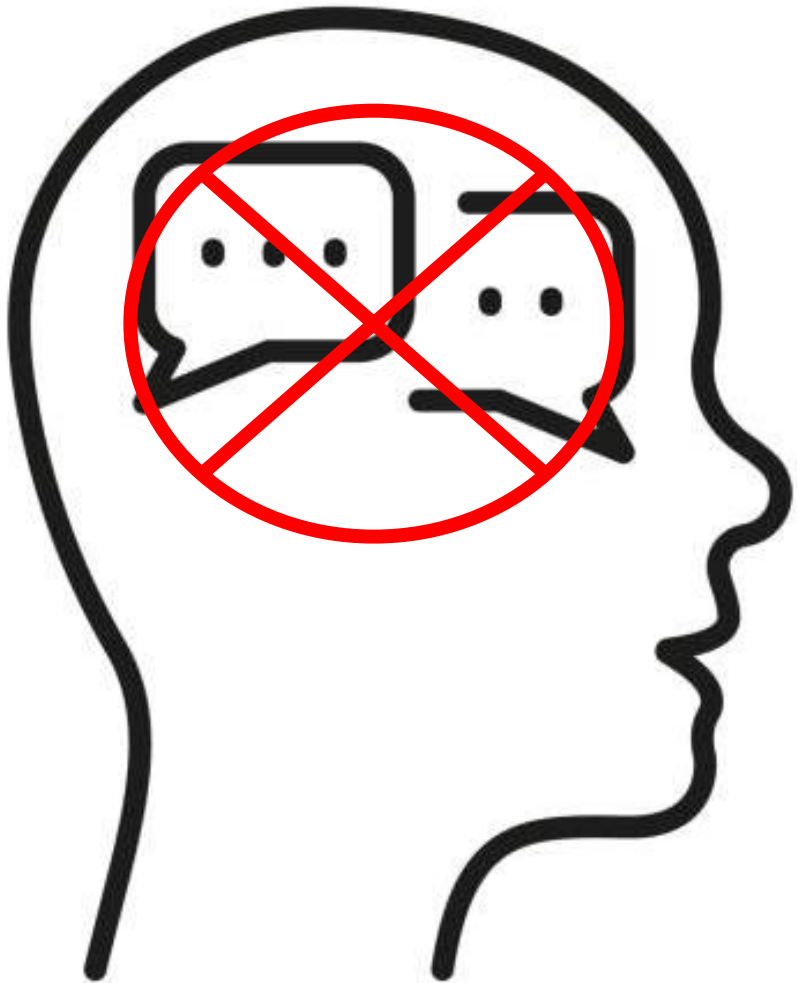
When we are no longer able to change a situation – we are challenged to change ourselves.

Viktor Frankl – Man's Search for Meaning

Silence

The Inner Critic

Find that Flow Moment
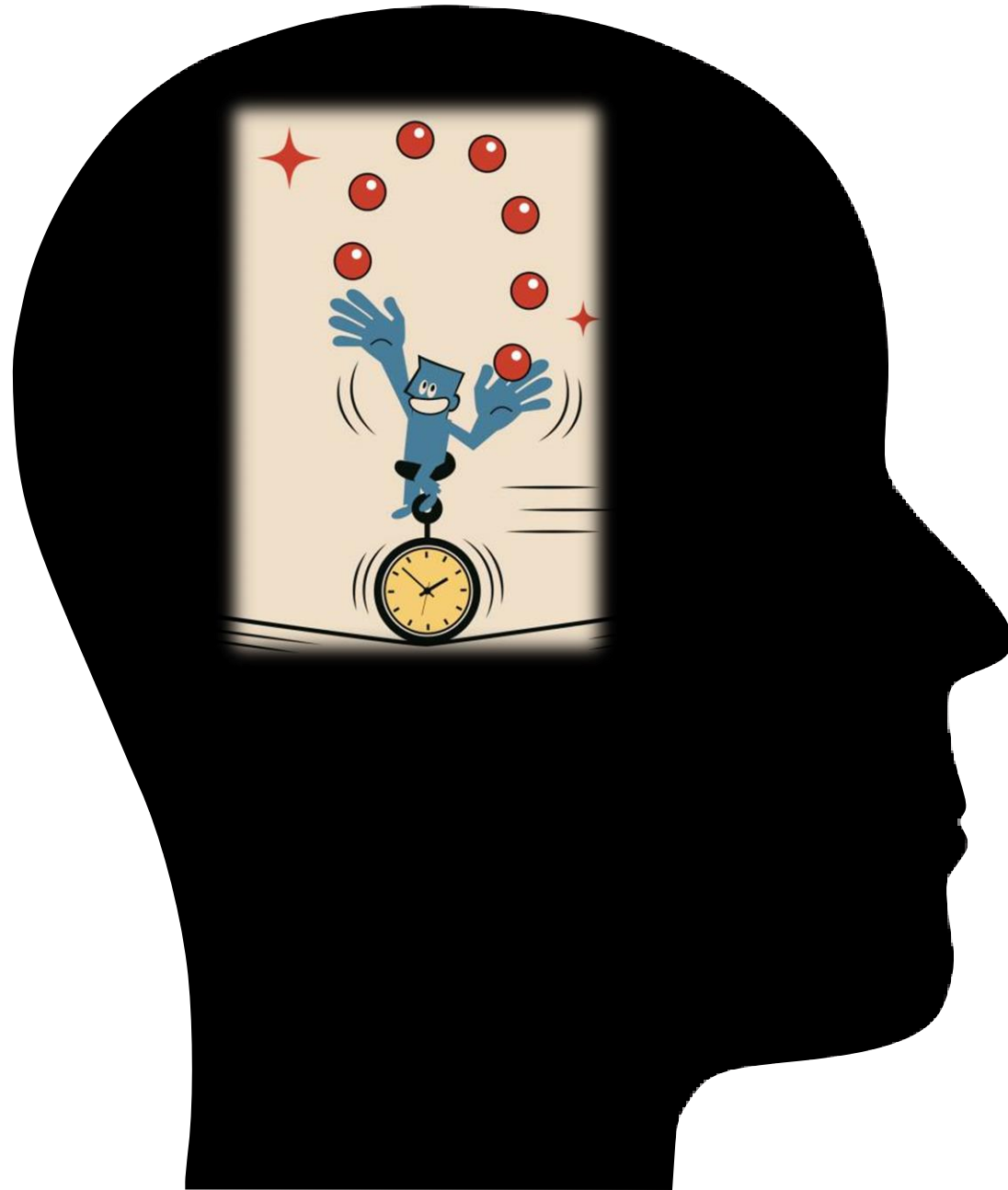
Creating an
"Inner Environment"
for Focus

"No Thought for 30" exercise

Centre Yourself: Close your eyes and slowly count to 30 without letting a single thought other than the counting enter your mind

Too much to do,
too little time…

Tips for Creating an External Environment for Focus

Silence the Inner Critic – perfection, control, risk avoidance

How and why did I accept these demands

Renegotiate or delegate some of the demand

Reflect on how you use your time – the 1/3 rule

(Awareness + Choice + Trust) x practice

= Focus of Attention

The truth is that there is no actual stress or anxiety in the world; it's your thoughts that create these false beliefs.

You can't package stress, touch it, or see it.

There are only people engaged in stressful thinking.

Wayne Dyer

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Thank You

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