

WHO WHY?

Managing Overload



For anyone who feels overloaded, and who wants to explore effectively managing the external overload, and / or coping effectively with any inevitable overload that exists.

Outcomes

- Have ways of minimizing external pressures
- Have ways of managing your internal response
- Feel less stressed
- Be more confident in any overload situation

Content

- Your current overload problems & current strategies
- Out there: tackling the external pressures
- In here: tackling my internal response
- Consolidation & where to from here...

Learning Approaches



core learning input



paired & group activities



videos



role play / simulation



your ideas & suggestions

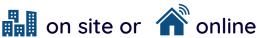


solo activities



reflection & consolidation





Excellent trainer - friendly, involved and made the course interesting and memorable

> Manager, **Knowsley MBC**



