

# Stress and Resilience Workshop

## Agenda

5 mins **Aims**

10 mins **Understanding Resilience – Exercise 1**

10 mins **Introduction to Stress – Exercise 2**

10 mins **Completion of Stress Test – Exercise 3**

5 mins **Signs of Stress around the Wheel**

20 mins **Yerkes-Dodson Human Performance Curve**

10 mins **BREAK**

5 mins **Reviewing stress for different colour combinations -  
Exercise 4**

20 mins **Coaching back to High Performance – Exercise 5**  
**Handling Setbacks**  
**Flexing to build resilience**

15 mins **Stress as a team**

10 mins **Final Reflection**