

# STRESS MANAGEMENT TRAINING

using LEGO® SERIOUS PLAY® materials and methodology

LEGO® SERIOUS PLAY® creates opportunities for participants to get in touch with inner-selves and release their stress by projecting their feelings with LEGO® bricks and models. In the course of building, participants are able to share and review their present situation, identify stressors, and explore resources to improve their situations. Building stress models facilitates other participants to provide their opinions and resources to help the situations which strengthen the bonding of the team at the same time. Besides, relaxation and mindfulness meditation exercises will be introduced in the workshop.

## OUTCOME

The outcome of using LEGO® SERIOUS PLAY® materials and methodology in training are but not limited to:

- Deepen self-reflections*
- Release stress*
- Cope with stress*
- Explore inner and outer resources*
- Unlock hidden resources*



## TARGET PARTICIPANTS

- Every colleague in the corporation*
- Colleagues under stress*





LEGO® SERIOUS PLAY® Stress Management Training

## BUSINESS BENEFITS

- ✓ *Strengthening team bonding*
- ✓ *Promoting wellness*
- ✓ *Enhancing productivity*
- ✓ *Enabling work-life balance*

## COPING

LEGO® SERIOUS PLAY® strengthens stress coping skills. It releases participants' stress by projecting their feelings and situations with LEGO® bricks and models. It allows participants to identify stressors and try out every possibility to improve their situations.

## COMMUNICATION

The process of using LEGO® SERIOUS PLAY® materials and methodology stimulates every participant to present their views vividly with LEGO® bricks and models. At the same time, it engages other participants in sharing their viewpoints freely as the discussions focus on the models rather than the persons.

## APPLICABILITY

LEGO® SERIOUS PLAY® is applicable to all walks of life. LEGO® bricks and models become a common language during the meeting. Each and every participant is a story-teller. Participants contribute their unique resources and construct the story together.

## SENSE Training House

is a consulting and training company found in 2009. We strive for better business performance of your company by developing your employees' full potentials.



### ENQUIRY:

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## *Looking for a change?*

To experience the power of using LEGO® SERIOUS PLAY® materials and methodology, we offer an introductory workshop for 90 - 120 minutes at your premises for a maximum of 20 people.