



Leadership and Management Development
Talent and Graduate Development
Culture and Transformation
Executive and Talent Coaching

www.geniuslearning.co.uk

cpd.works

Easily Dealing with Conflict and Stress



Resolve stress - What are you trying to prove? No-one cares!
Value time - Your time is valuable, it comes at a price
Enjoy conflict - External conflict is a sign of your self-respect

Stress is a mental health issue

Workers with mental health issues add £225 billion to the UK economy per year - 12.1% of the UK's total GDP (Mental Health Foundation)

Mental health issues including stress, depression & anxiety resulted in 15.8 million working days lost (ONS, 2016)

Stress caused by workplace conflict causes you to...

- Lose sleep
- Have difficulty thinking straight
- Become unproductive
- Suffer increased blood pressure
- Die up to 20 years earlier

You take on too much work because of fear

Fear of not being good enough - Fear of being judged - Fear of failure

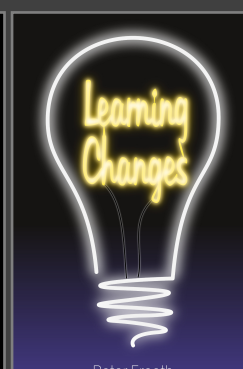
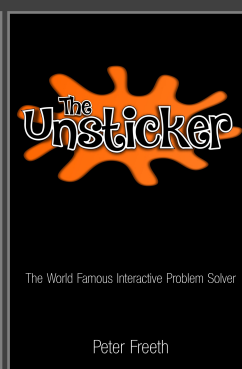
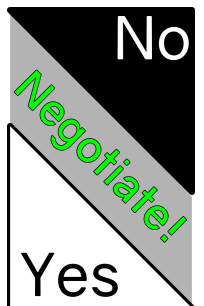
Be honest with yourself about what you're trying to prove.

When you get stressed, ask yourself, "What am I trying to prove? And who am I trying to prove it to?"

No-one cares!

When responding to work requests, instead of struggling to choose between 'yes' and 'no'...

Negotiate your valuable time with "Yes.... If"



Books by Peter Freeth