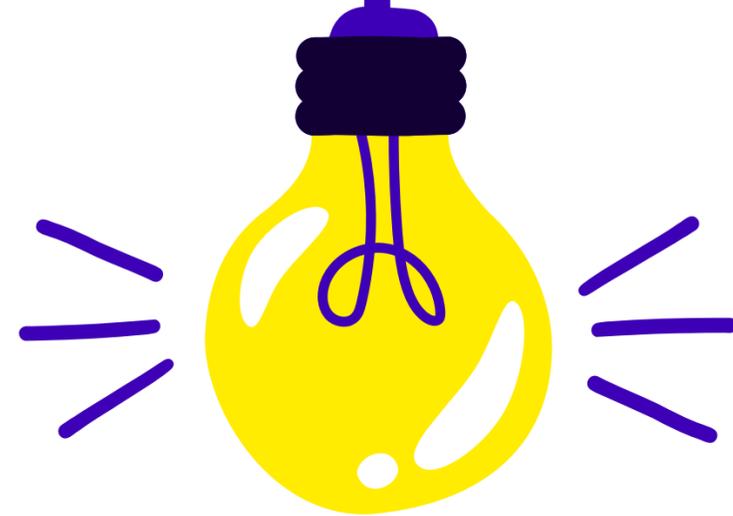
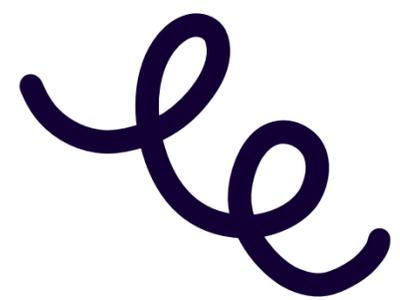
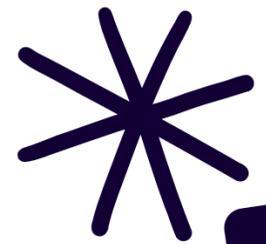


INEX MESSENGER

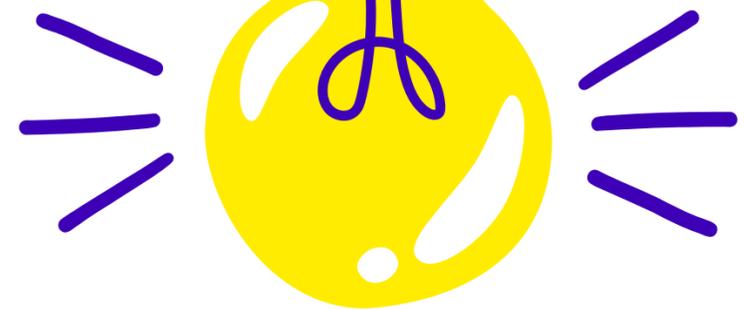
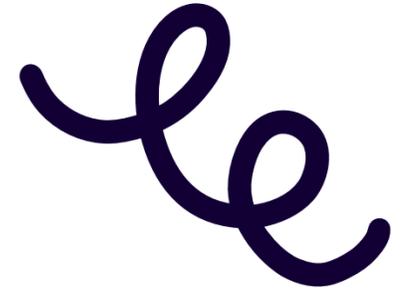
WORKSHOP





STRESS

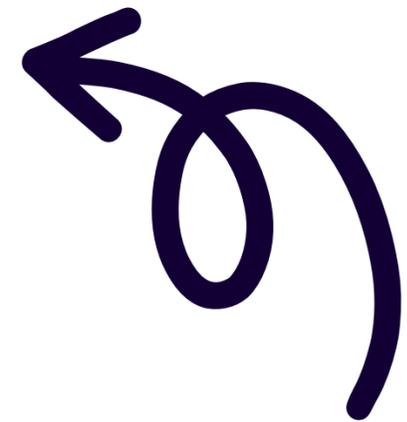
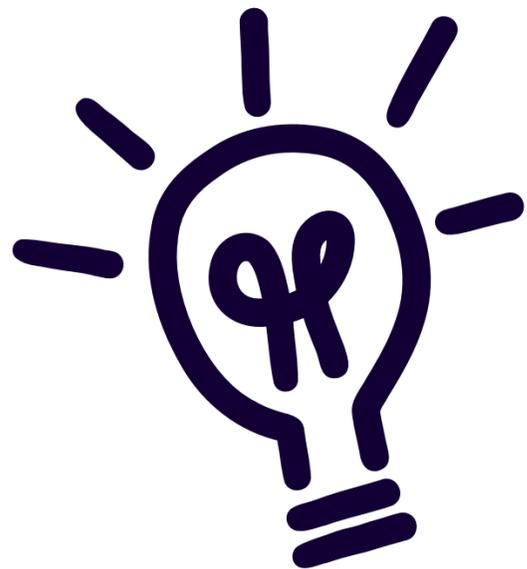
MANAGMENT





WHY THIS TOPIC?

I wanted to choose a topic that would be more personal and useful for many other people. This workshop allowed me to dive deeper into the subject and educate myself more!





WORKSHOP ITSELF

THEORY

- 1 What is stress?
- 2 Managing stress

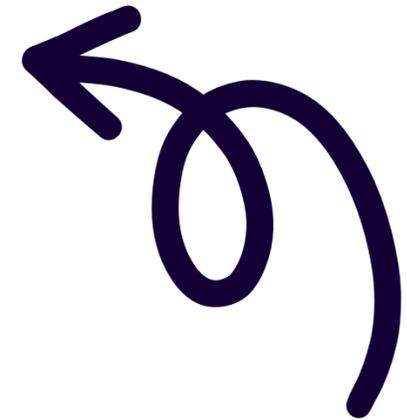
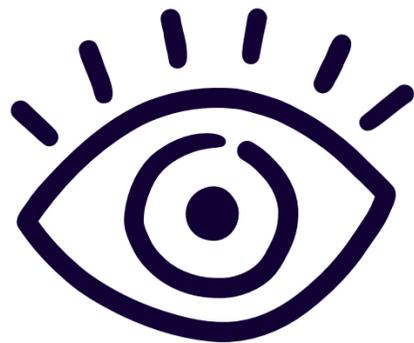
PRACTICAL PART

- 1 Ice-breaker
 - 2 Energiser
 - 3 Short meditation
- 



AIMS & GOALS

Introduce participants to theory about stress and stress management, try out techniques and strengthen the groups spirit



GOALS & AIMS REACHED



Others were interested

Brought the group together

Tried out techniques

NOT REACHED

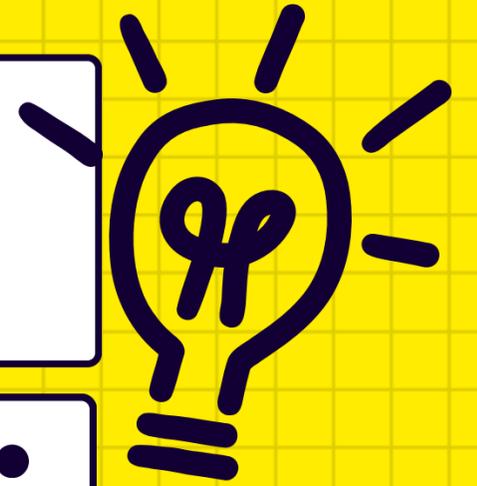


Make it more interactive

Adjustments depending on target group



WHO LISTENED?



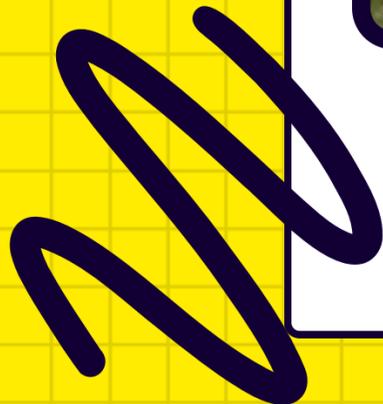
INEX OFFICE
First try



Leadership academy
5 Volunteers



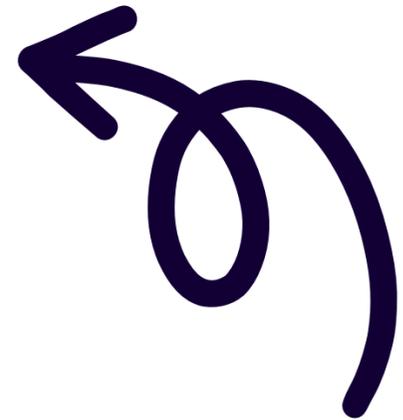
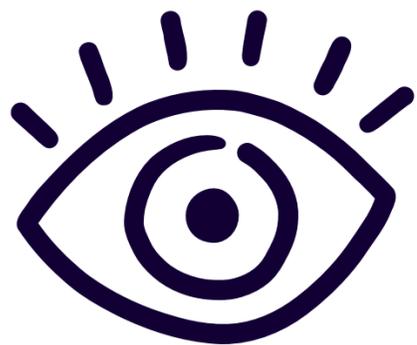
Workcamp
11 Volunteers





WHAT ELSE?

I enjoyed to do the ice-breakers and energisers the most, I would like to change some things depending on the target group, make it even more interactive by involving the group more in theory





THANKS FOR YOUR ATTENTION!

