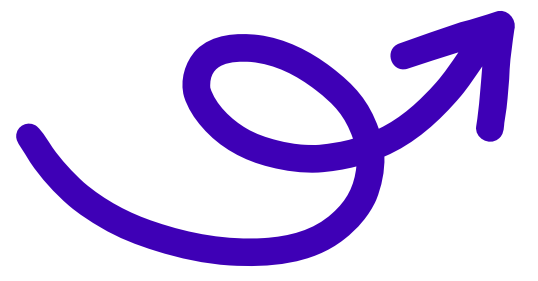
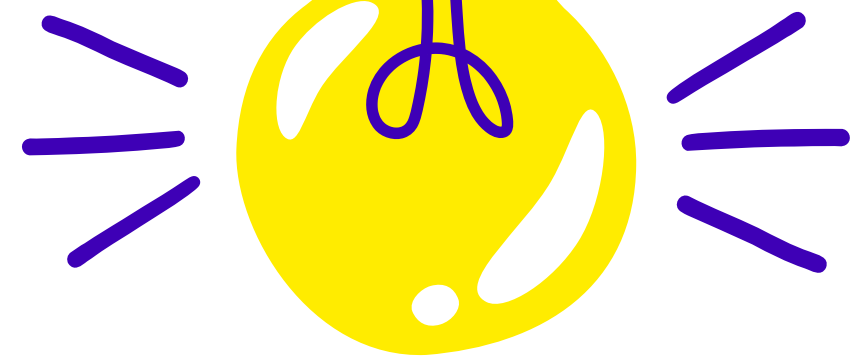
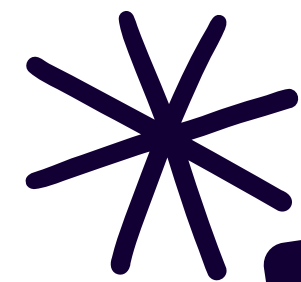


**INEX MESSENGER**

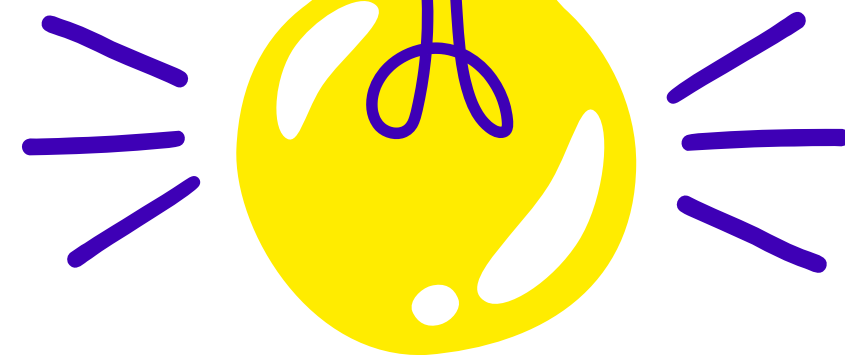
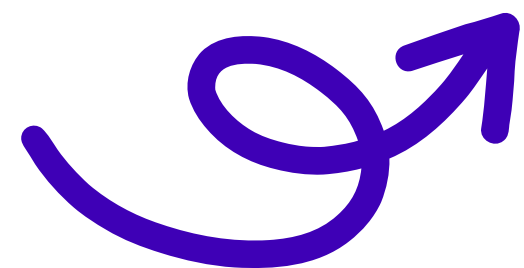
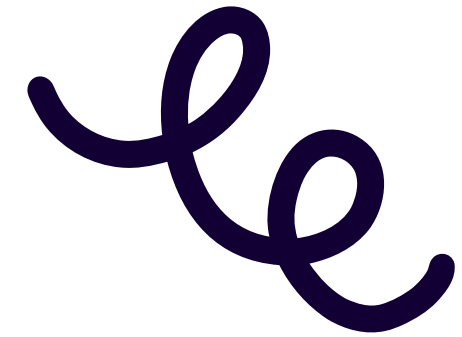
**WORKSHOP**





**STRESS**

**MANAGMENT**

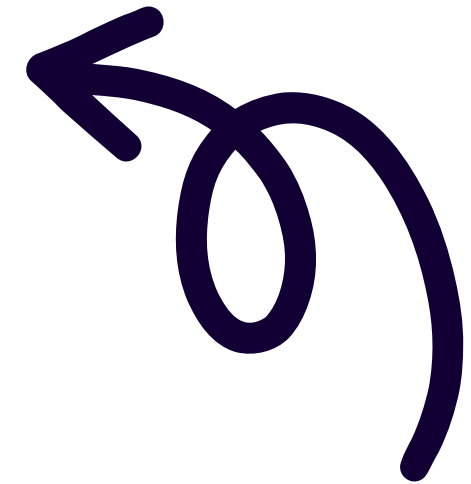




## WHY THIS TOPIC?




**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
- 

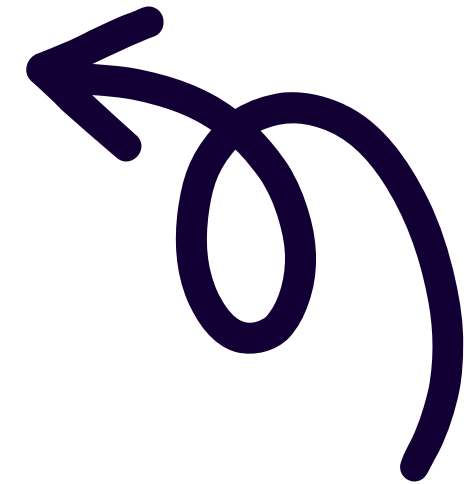
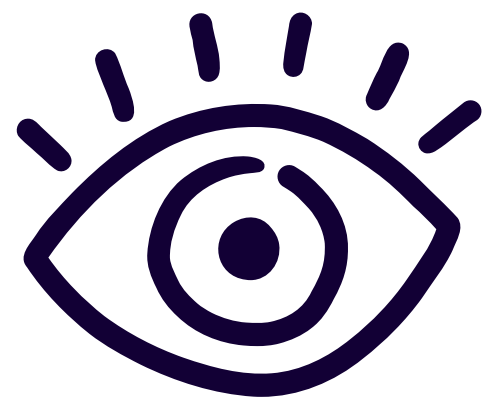
## PRACTICAL PART

- 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**

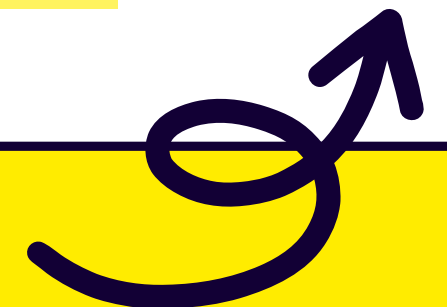
**Tried out  
techniques**

## NOT REACHED

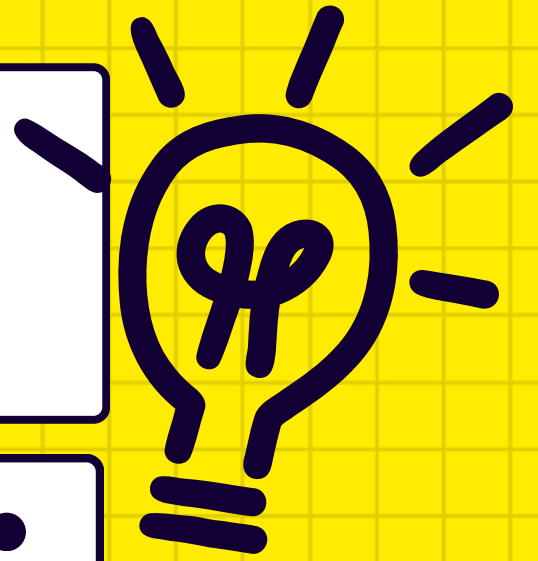


**Make it  
more  
interactive**

**Adjustments  
depending  
on target  
group**



# WHO LISTENED?



**INEX OFFICE**  
*First try*



**Leadership academy**  
*5 Volunteers*



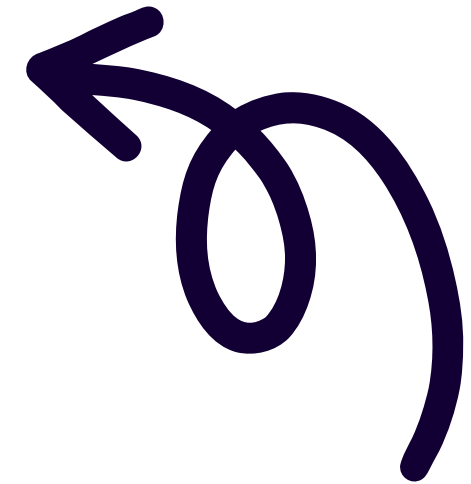
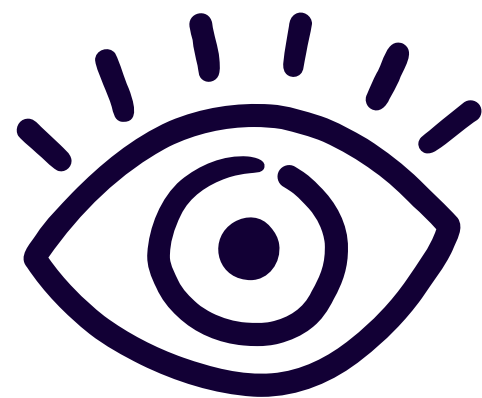
**Workcamp**  
*11 Volunteers*





## 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!**

