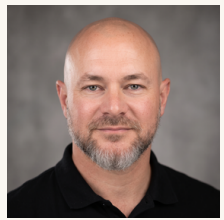


Ricky Du Plessis

Addressing workplace stress



Workshop:

Seaworthy - How to Build Resilience & Anti-Fragility Against Chronic Stress

FORMAT:

- Half day: about 3 hours, online or in person; a follow-on for teams who've already had the talk/webinar.
- Full day: the complete package, in person (typically 10:00–15:30) or online as two 3-hour sessions.
- Up to 50 people; larger groups and whole-staff sessions by arrangement.

WHO IT'S FOR:

Teams, managers, leaders, and HR and wellbeing audiences: anyone working under pressure that doesn't let up. It works well as part of a wellbeing day or week, or a conference slot. No scientific background is needed; it's accessible without being dumbed down.

WHY IT MATTERS TO YOUR ORGANISATION:

Awareness on its own rarely changes behaviour. Most workplace pressure can't simply be removed, so what makes the difference is your people's capacity to carry it. This workshop gives them a practical, evidence-informed way to build that capacity, so they can keep performing without running on empty, starting from where they actually are.

WHAT IT IS (AND ISN'T):

A practical, interactive workshop: education, with time to apply it. It isn't a quick fix or a one-size-fits-all plan. Capacity is built gradually, and the workshop shows each person where to start.

WHAT THE WORKSHOP COVERS:

- Half day: a brief refresher on the talk, then straight into practical strategies for implementation
- Full day: the complete talk, built into the interactive sessions for practical strategies for implementation
- My Metabolic Health Hierarchy and Five Pillars: the foundations of sustainable improvement
- Group work to choose a personal entry point and one realistic first change, plus a resource list for next steps

WHAT YOUR PEOPLE TAKE AWAY:

- A practical framework for building capacity, not just coping
- Realistic starting points across the five pillars
- Their own entry point and first change, chosen in the session
- Ideas and encouragement from colleagues facing the same pressures

WHAT'S INCLUDED:

- A tailoring call beforehand, then the live workshop
- A resource pack (PDF) for every participant
- A 14-day catch-up recording of the session (can be switched off on request)
- A promotional blurb and headshot for your internal comms

WHAT I NEED FROM YOU:

- Online: your platform with breakout rooms (for example Teams or Zoom) and a short technical check
- In person: a room with a screen and tables for group work, a microphone for groups over 30, and access 45 minutes beforehand
- A named contact, and promotion of the session to your staff

GOOD TO KNOW:

- Haven't had the talk/webinar? Choose the full day. It includes everything.
- Can we keep the recording? Yes, for internal use, with a recording licence. External use is by agreement only.
- Is it medical advice? No. It's education and lived experience, not diagnosis or treatment.

Fees:

See the Workplace Stress price list at www.rickyduplessis.co.uk or scan the QR code.

