



# i3 Webinars

## Managing stress

### The value of an i3 profile helping to identify behaviours to manage stress

Delivered by: Grant Henderson, MD & Co-Founder of i3 alongside Alice Carroll, i3 Associate

The objective of this webinar will be to provide trained i3 coaches / associates with:

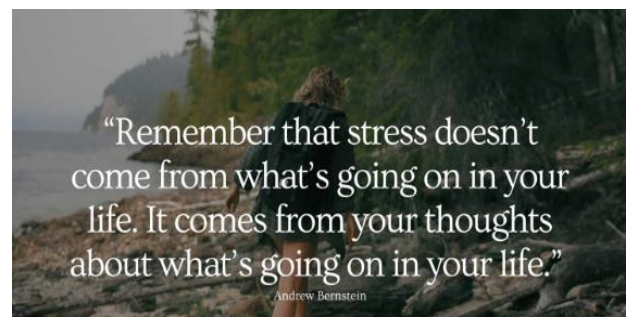
*An opportunity to explore how people's natural behaviours impact their ability to manage stress and anxiety in the workplace, identifying potential related triggers so we can heighten self-awareness and self-confidence, offering increased support of happiness and wellbeing.*

#### Who should attend?

i3 REAL accredited recruiters / coaches / associates

#### What is included?

- Introduction to the importance of Mental Wealth supported by self-awareness.
- A case study into how stress can be amplified by the counterbalance of individual indicators and behaviours.
- A case study exploring the impact our productive environment can have in relation to understanding and mitigating our stress levels.
- Open Q&A



#### i3 Webinars

Our webinars are aimed at facilitating i3 REAL accredited coaches and associates' continuous development, and to refresh / deepen knowledge of the i3 tool. Our webinars are:

- Free of charge
- Facilitated platform, discussions and case studies to exchange knowledge transfer and experience.
- Delivered remotely via 'zoom' video conferencing.
- Supported with a recording to refer back to and reflect on your learning.

#### Dates and Time

Friday 13<sup>th</sup> October 2023  
11.00am – 12.15pm

#### Bookings

To receive your joining invitation simply refer to the zoom link provided within our latest newsletter or contact by emailing - [susanne@i3profiling.com](mailto:susanne@i3profiling.com)

For more information on i3 products and services visit [www.i3profiling.com](http://www.i3profiling.com)

Contact [susanne@i3profiling.com](mailto:susanne@i3profiling.com) for enquiries and bookings