



# Controlling the Controllables



## Workshop

Most people don't make the link between **worrying about the uncontrollables** and their stress levels. Uncontrollables could be tasks that should be done by others, decisions that others need to make for themselves, or **worrying about changes** that are about to be implemented.

**Worrying about things beyond your control**

can both negatively affect your wellbeing and waste your valuable time.

By simply spending a little time working out where the stress is coming from, we can **develop coping strategies** that improve both our wellbeing and long-term productivity.

Ian Rose's 'Controlling the Controllables' workshop provides the skills and techniques needed to **reduce the worry and stress**, enable your teams to use their time more efficiently, and achieve far more.

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## What to Expect in the Workshop

- Ian shares his tried and tested **3F Framework** that he successfully used in his sporting career. Indeed, Ian regularly uses this technique within his business, too.
- The 3F Framework, as well as other techniques, demonstrates to your employees **how to control their stress levels**. Then, when their stress is reduced, their wellbeing is improved. And that, in turn, enhances their ability to **focus on what can be controlled**.
- This Olympic method was developed to create a mindset focused on **achieving the best results**. It all stems from understanding how to control the controllables and ignore or delegate the rest.



### This workshop will help your teams to:

- Gain a better understanding of how worrying about the uncontrollables can affect them
- Learn valuable techniques on understanding what is and isn't in their control
- Discover how to cut anxiety levels during tough times
- Create coping strategies for when anxiety, stress or nerves hit

To discuss how the **Controlling the Controllables Workshop** will help your teams and other employees to be more productive and focused, call or email Ian.