

Identifying Stress in the Workplace

by

Dr. Melanie Bryan,
Psy.D.,
Doctoral Level Clinical Psychologist,
Hypnotherapist,
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The guiding force of Dr. Bryan's professional life is to find ever more effective ways for her clients to overcome obstacles, resolve conflicts and meet challenges resourcefully for a more fulfilling and rewarding life.

Drawing on 20 years of clinical experience Dr. Bryan utilizes a range of proven skills and techniques, taking a strategic approach to fulfilling each clients individual needs, helping them to swiftly conquer personal anxieties, resolve relationship conflicts, handle career, relocation and separation stress, whilst fostering personal and professional growth.



An American trained doctoral level clinical psychologist, couples therapist, and hypnotherapist, Dr. Bryan is a member of the following associations:

- American Psychological Association
- American Association for Marriage and Family Therapy
- American Society of Clinical Hypnosis
- Hong Kong Psychological Society

In addition to the above, she sits on the following associations' Committees:

- Hong Kong Family Law Association
- The New Medico-Legal Society
- Hong Kong Collaborative Practice Group
- Royal Geographical Society

In September 2013, Dr. Bryan has also completed the HIMS (Human Intervention Motivation Study) training in Denver, Colorado.

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Stress is a fact of modern life. Yet many of us shrug it off without thinking of the long term impact, or without giving sufficient priority to the need to manage it in our daily lives. Stress has many sources, from being stuck in rush hour, to domestic and relationship difficulties, to money and job worries.

Work stress can drain your energy in a variety of ways. Job uncertainty, conflicts in business strategies, organizational change, long hours, upper/lower management friction, productivity demands, reluctance to delegate, as well as promotion with its increased expectations, are but a few of the myriad ways work can overload your system.

In this workshop, you will learn how to recognize signs of stress in others (and yourself) and how to work with stress, with audience participation. A mindfulness based hypnotic induction will be offered, if participants are open to this, to give you an experience of stress reduction.

The workshop will cover the followings:

- Stress & its Costs
- The Need for Control
- 5 Sources of Stress in the Workplace
- Signs & Symptoms of Stress
- Characteristics of Good Stress Managers
- Characteristics of Companies with Pro-social Health Components
- Working with the Distressed - Be Solution-oriented
- A Staff Review Strategy
- Coping Strategies for Self & Others
- Questions

This dynamic and interactive workshop will include two role-play exercises with the participants. Given that lawyers are frequently stressed under work, time, family and client pressure themselves, they may well unintentionally interact with employees and clients in an impatient and abrupt manner.

These role-plays are designed to give participants an opportunity to both center themselves, and interact more effectively with their stressed subordinates and clients.

- In the first role-play, participants will pair up, each having 15 minutes to be the subordinate and the harried, impatient lawyer.
- In the second role-play, participants will pair up with different people, again each having 15 minutes to be the distressed client and the lawyer.

Participants can use a subordinate and/or a client from their own experience that they felt challenged by in each role-play, as this is more likely to resonate with the players.

Participants will be given practice instructions on how to center themselves and a guideline of open-ended questions to establish rapport and foster better communication.

Scan to Calendar



Code:	EVT000000026	Level:	Standard
Date:	26 September 2014 (Friday) (Amended)	Language:	English
Time:	14:30 - 17:45	Accreditation(s):	LSHK 3.5 CPD Points SFC CPT 3.0 Hours
Venue:	9th Floor, The Chinese Club Building 21-22 Connaught Road Central Central, Hong Kong	Request for Rerun:	Please Contact Us for Details



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