

OFFICE RELATED
STRESS RELEASE.

BY DOING. NOT TALKING.

EXPERIENCED
IT SPECIALIST,

DEDICATED TO SUPPORT
YOUR IT PROFESSIONALS
AND DEVELOPERS.



CALMCODE
COACHING VOOR IT'ERS

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IF YOU NOTICE...

You're stressed and annoyed about things that are work related. Either caused by yourself, but especially by others. You miss the recognition for your hard work. You are fed up about the office culture and how people treat each other at work?

IF COWORKERS...

Appear to have no clue how to get their work done properly or on time. He/she appears absent during meetings and discussions. She/he skips lunch and other 'social' events. Or mainly complains about changes 'happening to them'.

ONE CANNOT CONTROL
THE AMOUNT OF
STRESS FACTORS FROM
YOUR ENVIRONMENT,

BUT ONE CAN DECIDE
HOW THEY ARE
PERCEIVED AND DEALT
WITH.

5 STEP ACTION PLAN

1 - SIT, DELAY, ATTITUDE

Identify your stress and slow down your thoughts. Using a series of small and easy, but also office applicable exercises.

2 - STAND FIRMER

Reduce stress effects on lower back, chest and shoulders and identify how to speak up for oneself.

3 - ELIMINATE HEAD NOISE

Switch off the ongoing thinking process in your mind. Helps to focus on your task at hand; or save some energy for the end of the day.

4 - TRANSFORM THOUGHTS

Simplified 'crisis kit' to quickly reduce stressing thoughts. Be able to respond with a more neutral mind to an issue.

5- RELAX EYES & HEAD

Super effective method to relax your head and eyes. Increases your focus significantly.



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