

# Harnessing Stress For Success

## Managing Pressure to Drive Results

Harnessing Stress for Success presents concepts and activities that will help enhance the power of stress. Stress can be debilitating, compromising our performance and health. By changing one’s mindset about stress, people can utilize the inevitable stressors in life to boost productivity and success.

### In this course, you will:

- Review the often neglected research supporting the enhancing nature of stress
- Discover the power of mindset in shaping the stress response
- Learn the three-step model for how to transform stress to enhance performance, improve health, and facilitate learning and growth

Developed in Partnership with



### Learners will:

- Be introduced to the science of stress and the power of mindsets
- Explore different types of mindsets and where they fall on the mindset spectrum
- Put theory to practice and convert stress to success (specific experiments include acknowledging stress, practicing “anchors”, and practicing “triggers”)

### Authors



**Shawn Achor**

Founder of Good Think, Inc. and bestselling AUTHOR of The Happiness Advantage



**Alia Crum**

Assistant Professor of Psychology at Stanford University

## Course Outline

**DAY 1**

**Science of Stress and Power of Mindset**

- The Science of Stress
- The Power of Mindset
- Benefitting from Stress
- Misconceiving Stress

**DAY 2**

**Step 1: See It**

- Introduction to the Three-Step Model
- Step 1: See It (Acknowledging Stress)
- Seeing Your Stress
- Seeing Your Reactions

**DAY 3**

**Step 2: Own It**

- Step 2: Own It (Welcoming Stress)
- Linking Stress with Meaning
- Connecting Stress with Your Values
- Sharing the Meaning Behind Your Stress

**DAY 4**

**Step 3: Use It**

- Step 3: Use It (Utilizing Stress)
- Channel Your Stress Reactions
- Find Opportunities in Your Stress
- Adversarial Growth

**DAY 5**

**Pulling It All Together**

- Summarizing the 3 Steps
- Leveraging Your Stress Signals
- Stress Advantages
- Stress Mindset Survey
- Sustaining the Three-Step Method