



STRESS AWAY...WRITE AWAY: CREATIVE EXPRESSION WORKSHOP SERIES

## SCOPE OF WORK

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Following is a **Scope of Work** for the *StressAway...WriteAway: Creative Expression Workshop Series*. The program offers a hands-on workshop format with an array of cultural and holistic training modalities that teach stress management, conflict resolution, anger management, and effective communication in a safe and comfortable forum.

The **Mission** of the *StressAway...WriteAway: Creative Expression Workshop Series* is to effectively reduce the stress associated with living in the 21<sup>st</sup> Century and thereby boosting workplace moral, increase productivity, and reducing absenteeism.

The training sessions are designed to abate crime, violence, and substance abuse through the use of a creative expression experience. Sessions are also designed to provide every participant with spiritual, cultural, psychological, and social support; plus provide assistance and encouragement.

The **Purpose** of the *Stress Diminishing Series* is to equip the employee/trainees with strategies and techniques that have been proven to successfully overcome stress related concerns and anxieties that lead to disease, illness, financial troubles, and loss of productivity. This program offers innovative stress management tools and creative social skills that promote personal growth and positive social change to not only cope in the 21<sup>st</sup> century, but to thrive in the workplace and community.

The *StressAway...WriteAway: Creative Expression Workshop Series* presents an excellent opportunity to build positive relationships in a safe and non-threatening atmosphere.

Sincerely,

Ty Gray-EL, CSMT  
Program Facilitator



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### Program Goals:

- Revitalize/Awaken the tremendous power and spiritual energy within each individual.
- Promote cultural enrichment to infuse pride and confidence in employee/trainees.
- Build positive rapport across traditional divides of race, gender, class, age, and geography that expand beyond the usual relationships.
- Direct participants to their mental and psychological assets which are accessible and available to maintain holistic well-being.
- Encourage participation and discussion of issues relevant to substance abuse, crime, violence and recidivism to transform individual attention to community strengths, resources, and capacities to overcome problems and deficits.
- Help participants to develop a realistic understanding and awareness of personal issues in correlation to workplace enthusiasm, morale and self-esteem.
- Support members to identify and consider personal issues that may necessitate change.
- Create an environment of group inclusion conducive to learning from each other.
- Engage each participants to comprehend intellectually and experientially the impact of stress on daily life, in addition to the effects of mood altering substances and subsequent adjudication.
- Present participants with a practical vision of *The Change Process*, where they fit on the continuum, evaluate and explore personal life situations while developing strategies to create a positive future for themselves and their communities.



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### **Program Objectives:**

- I. Understand the physical, emotional and social effects of stress, anger and personal conflicts.
- II. Develop innovative and success proven techniques to diminish stress and promote health.
- III. Provide an opportunity for open and candid discussions around crime, violence, substance abuse, workplace morale and absenteeism.
- IV. Form strategies for change management and initiate anger management techniques to help participants succeed in the workplace.
- V. Build a group dynamic that fosters inclusion for all participants across traditional divides of race, gender, class, and age where everyone is valued and allowed to contribute their ideas and energy.
- VI. Unearth the deep-rooted reasons for the dependency of mood altering substances in the work place.
- VII. Create a safe environment for participants to freely discuss the issues/factors that lead to failure or success and devise methods to change positively.



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### Topics Covered

- Self-Awareness Principles
- Spirituality and Authentic Power
- How to Handle Conflict and Express Anger
- Cultivating Stress Management
- Dis-ease in Family/Relationships & Workplace
- Developing Positive Workplace Relationships

### Expected Outcomes

The Workshops will encourage participants to proactively apply their talents and strengths to create a positive future for themselves and their community. They will expand and connect the vision of family support to ignite passion and commitment for the future of all citizens.

By increasing personal consciousness and social awareness participants become more accountable for community involvement to connect with others in order for neighborhoods to flourish. Participants will gain a comprehensive understanding of societal demands such as reciprocity, mutual obligations and individual responsibility in personal, social, and workplace relationships.

As a result of building skills, exploring innovative techniques and gaining knowledge, each participant will be equipped to transform their lives to create and maintain optimal health and well-being.

At the conclusion of this engaging and hands-on program, attendees will have gained and mastered new skills, developed strategies to activate decisions that will promote and boost productivity, bolster the economy, reduce crime and violence, and reduce absenteeism.