



Training for Frontline Staff
and Team Leaders



Overwhelmed to Organised

Smart Strategies to Manage Your Workload and Stress

Feeling stretched too thin? Struggling to balance competing demands, tight deadlines, and workplace stress?

Overwhelmed to Organised is a full-day workshop designed to help you take control of your workload, improve productivity, and reduce stress with practical, real-world strategies.

Combining the best of our **Manage Stress@Work** and **Master Time Management** workshops, this session provides smart, actionable techniques to help you manage pressure, prioritise effectively, and build resilience, both in yourself and your team.

You'll walk away with the skills and confidence to work smarter, not harder - without burning out.

CONTACT US



Duration: 5 hours
Location: Statewide
Investment: \$395 TCCI member
\$595 non-member



Call Us
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www.tcci.com.au