

# Stress Management

## COURSE OVERVIEW

Today's workforce is experiencing job burnout and stress in epidemic proportions. Workers at all levels feel stressed out, insecure, and misunderstood.

Many people feel the demands of the workplace, combined with the demands of home, have become too much to handle.

This workshop explores the causes of stress (at home & in the workplace) and suggests general and specific stress management strategies that people can use every day.

### KEY SUBJECT AREAS

- Defining stress and how it affects us
- What is stress about?
- Building a solid foundation
- Mental strategies
- Stress at work
- Time management tips
- Stress at home
- Drainers and fillers

### LEARNING OUTCOMES

This workshop will enable the participant to:

- Understand that stress is an unavoidable part of everybody's life
- Recognize the symptoms that tell you when you have chronic stress overload
- Change the situations and actions that can be changed
- Deal better with situations and actions that can't be changed
- Create an action plan for work, home, and play to help reduce and manage stress.

*Gain valuable skills in recognising, reducing and managing your stress levels to feel more balanced and productive.*

*Duration: 1 Day*

### *Unique features*

The Stress Management Workshop is designed to meet current market trends.

- Professional facilitators use the most up to date accelerated learning techniques.
- An interactive, relaxed atmosphere with real world examples.
- Modern presentation methods using audio and visual presentations.

### *Who should attend?*

Any person who is concerned about stress affecting them and their ability to perform to a consistently high level, and who is looking for tools to use to address the stressful situations.

### *Includes...*

- Resource material & workbook.
- Training 101 Certificate
- Quick reference guide.

Contact us for more information  
or to register on a workshop: