

Stress Management



Introduction

These days, part of the price of success in your working world is coping with the pressure of disagreeable events, just as you must cope with the stresses and pressures on your organisation as it struggles to change, survive and thrive in this fast-changing world. This course is designed to help participants to better understand, manage and prevent stress, allowing them to find solutions and perform at their own optimum level and to enjoy their work.

Who should attend

Anyone who feels they would like to identify, understand and gain control of any negative stress in their working lives.

Duration

1 day

Course Outline

- ◆ Understand what stress is and why it happens
- ◆ Develop awareness of the stress signals and symptoms in yourself and others
- ◆ Use tools to pinpoint the causes of stress you are experiencing
- ◆ Discover methods and strategies for managing different sources of stress
- ◆ Discover how to build buffers and prevent stress before it occurs
- ◆ Learn some techniques for relaxing the mind and body
- ◆ Develop your own individual action plan for tackling stress in your life

How to Book

You can choose from the following options:

- ◆ Call our TRAINING CENTRE on 01189 778562
- ◆ Email us at our specially designated TRAINING CENTRE address:

info@mass-trainingcentre.com

