

STRESS MANAGEMENT AT WORK

ONE DAY TRAINING COURSE

COURSE OVERVIEW

We all get stressed at some time in our working life, some more than others. The way we deal with stress is the main difference that separates us, and the degree to which we are affected is also a major variable.

Not only stress can affect your ability to work, consequently affecting your business, but more importantly - your health at large.

COURSE OVERVIEW

The word 'stress' is used to describe the physical and/or emotional response to the demands & pressures that come from modern living means.

Stress can be a positive thing, which drives us on and helps us to grow, develop and be stimulated. However, when stress reaches a certain level, it can overcome a person's ability to cope and can impact on their physical and mental health.

ONE DAY | 0900 - 1700 HRS

USD 1,100.0 / SESSION

15 PARTICIPANTS

COURSE CONTENT

- Personal & work related stress
- Become aware of your stressors & your emotional & physical reactions
- Recognize what you can change
- Respond to stressful situations
- Utilize your own inner resources to find greater health and well-being
- Overcome stress & respond to it in a positive manner
- Maintain an optimum level of stress

WHO SHOULD ATTEND

This program is for Managers, Supervisors, Administrators, Support Staff, Customer Service Staff, who are working in high-pressure environments, where, stress is affecting their performance and their personality.