

Stress Management Course

Course Description:

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 course explores the causes of such stress, and suggests general and specific stress management strategies that people can use every day.

Course Objectives:

The course will teach you to:

- Understand that stress is an unavoidable part of everybody's life
- Understand what stress and pressure are and their effects both inside and outside the workplace
- Recognise the symptoms of excessive stress in yourself and in others
- Have the awareness, knowledge and strategies to deal with stress more effectively.
- 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

Course Content:

- ✓ Defining Stress and how it affects us and how it differs from pressure
- ✓ Identifying the main physical, psychological and behavioural symptoms of stress in self and others

- ✓ Recognising thinking errors and performance-interfering thoughts and develop skills to help individuals modify these beliefs
- ✓ Accepting responsibility for your own work and life results
- ✓ Time Management Tips
- ✓ Work-life Balance defined: what it means, what it doesn't mean
- ✓ Developing a range of strategies and techniques to tackle stress
- ✓ Achievement and Enjoyment as the basis for life-time goals
- ✓ Workshop Wrap-Up & Action Planning

Duration 1 Day

Please contact us for any further information <mailto:info@inspiringways.com>