

STRESS MANAGEMENT

Introduction:

In this demanding and competitive working environment stress is a major factor of work related illness resulting in high costs to employers. This programme will help individuals to manage and tackle stress by helping them to find their own solutions to solve problems.

Objective:

Delegates will learn how to manage the pressure they face at work through self awareness and will learn how to implement stress management techniques.

Programme Synopsis:

- Understanding stress and what causes it
- Signs, symptoms, causes and triggers
- Why we react the way we do
- Breaking the stress cycle
- How stress is related to your perceptions and beliefs
- Understanding your reactions
- Techniques to manage stress
- Using positive thinking
- Relaxation techniques
- Stress prevention
- Interrupting the stress cycle

Duration: One (1) Day

Course code: TSCSTRESS

Certification: Training Solutions 2000