

Working with Stress



INTRODUCTION

This programme is packed with survival techniques for busy people. You will discover how to be more effective at work and still achieve the work / life balance. You could be the envy of your work colleagues by achieving better results but with less stress and in less time.

This is not a “sticking plaster” over the problems, but looks at the causes of stress management difficulties and offers concrete and practical solutions.

TARGET AUDIENCE

Staff and managers and anyone who wants to be able to manage, reduce and discuss stress management authoritatively within your organization

CERTIFICATION

Pitman Training

COURSE OBJECTIVES

This course will ensure that you understand stress in the workplace both in terms of organizational costs and how to measure absenteeism and turnover related to stress

COURSE CONTENTS

- Understanding Stress
- Creating a Stress-Reducing Lifestyle
- Altering the Situation
- Avoiding the Situation
- Accepting the Situation
- Using Routines to Reduce Stress
- Environmental Relaxation Techniques
- Physical Relaxation Techniques
- Coping with Major Events
- Our Challenge to You: Creating a stress log