



# STRESS MANAGEMENT

## Course Outline

### Course overview and duration

Stress affects all of us at some time. Learning how to manage and reduce stress will allow you to achieve success without damaging your health and motivation levels. This one-day course will give you invaluable tools and techniques to help you minimise stress – both for yourself and for your colleagues.

### Who will benefit from this course?

This course is suitable for anyone who wants to learn how to manage stress effectively

### What you will learn:

- Identify and understand the causes of stress.
- Understand the positive and the negative impact of stress on the individual and the organisation.
- Recognise the signs and symptoms of stress, both in and outside the workplace.
- Identify way to develop a working lifestyle to reduce stress.
- Adopt strategies to prevent reactive behaviour and remain calm under pressure.
- Help others to manage their stress, and develop ways of improving team performance.
- Practise relaxation techniques in order to improve health and concentration levels.

All delegates will leave the training with a personalised action plan.