

# Stress Management

The aim of this training course is to tackle stress from a positive standpoint and to better utilize its positive aspects in the workplace. Tackling stress in a working environment leads to more efficient workers who are able to achieve their maximum potential.

## Benefits to individuals

- The Effect of Stress on Physical Health and Well-being
- How much Stress is too much Stress?
- Where does Stress Come from?
- What are the Common Signs of Stress?
- What Type of People are more Prone to Stress?
- What can Management do to Minimize Stress at Work?
- Become aware of your stressors, and your emotional and physical reactions to them
- Recognize what you can change
- Reduce your emotional reactions to stress
- Learn to moderate your physical reactions to stress
- Build your physical reserves

## Best for

This Stress Management training course is for anyone encountering pressure in the working environment and who would like to feel better equipped to handle it.

This training course is suited to those who have trouble dealing with stress. Directors, Managers, Employees

## Duration:

2 days