

This course is designed for anyone within an organisation which, because of its' very composition, can contain a stressful climate.

Stress Management

Course Objectives

This is a one-day course which will show delegates how to:

- Recognise stress in themselves and others
- Manage stress and prevent it becoming out of control
- Recognise what causes their stress and take preventative action

The main objective is to help delegates identify differing stress signals, deal with the reactions and develop their own skills for creating stress free environments.

Key topics include:

- Causes of stress
- What happens when stress becomes out of control
- Stress signals
- Recognise the patterns
- Overcome fear and anxiety
- Over achieving and its' results
- Self perception profiles
- Your career – what is it?
- For things to change – first you must change.