Introduction

Stress in the workplace reduces productivity, increases management pressures and makes people ill in a variety of ways. There are many proven skills that we can use to manage stress and in this course we will examine them. This is an interactive course which develops the delegates understanding of their stress, and stress in the workplace, and how to control it.

Course Content

- Introduction to stress management
- Stress diaries for identifying your stress
- Occupation analysis
- Creating a performance plan
- Imagery – mental stress management
- Quick stress reduction techniques
- Physical relaxation techniques
- Work related stress trends
- Communication under pressure
- Logical positive thinking
- Mood influencing stress factors
- Anger management
- Burnout self-test
- Self confidence and assertiveness
- Be in charge
- The wheel of life

Outcomes

Delegates will be able to:

- Appreciate the causes of stress
- Understand the different types of stress
- Use relaxation techniques
- See the beneficial effects of recognizing and dealing with stress
- Analyse their job and any stress related issues
- Manage their anger/irritation within the workplace
- Develop their self-confidence and assertiveness
- Develop their wheel of life for a better work balance
- Feel more positive about dealing with stress

Suitable for: all managers and employees who will benefit from understanding the triggers of stress and how to apply techniques to reduce stress.

Prior knowledge / training: None

Duration of course: 1 day

Delegate numbers: minimum of 6, maximum of 12