

Stress Management – Course Outline

Duration: 3 Hours

Course Description

"I'm so stressed" is a common phrase we say to our friends and family but not something we often share with our colleagues at work. By breaking the taboo around the subject of talking about stress at work, this course helps move the topic from a conversation about the problem people experience to how to implement the solution.

This programme is designed to help people who often feel overwhelmed and find they are not making the progress in their career and business that they'd like to. It offers practical advice and techniques for managing the negative sides of stress ensuring that Success doesn't have to be Stressful.

Who should attend?

Business owners, managers, team leaders or other staff who are experiencing stress or worried that their colleagues/team maybe struggling.

What will it cover?

- What stress is
- Recognising stress in ourselves and others
- The varying stages of stress and symptoms
- Coping Strategies
- The Don't Just Be 10-point Plan
- Next steps