

# Stress Management

## DESCRIPTION:

The stress management course covers a range of required soft skills to master the art of productivity. Topics include time management, people skills, exercises, motivation, diet, influence techniques, mentality, and assertiveness and so on. This course is full of exercises which are presented after each topic is explored. A great emphasis has been placed on changing the mentality of a stressed person which is usually the main source of the hectic unhappy life a delegate might be experiencing.



## OBJECTIVES:

Upon completion of this training, the participants will be able to:

- to monitor stress
- to avoid extreme distress
- to manage physiological stress
- to manage the impact of stress at individual or organizational level
- to observe your emotions when getting stressed and respond to them accordingly
- to monitor yourself to detect the early signs of stress

## OUTLINE:

- How to monitor stress
- How to avoid extreme distress
- How to manage physiological stress

## TRAINING CODE:

STMPD 06

## DURATION:

06 hours / 3 hours for 1 day

## MODE OF DELIVERY

- presentations
- group discussions
- role-playing
- self-assessing exercises

## DESIGNED FOR:

This course is suitable for

(Level 2, 3 &4)

## CONTACT DEPARTMENT

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