STRESS MANAGEMENT TRAINING COURSE

"The greatest weapon against stress is our ability to choose one thought over another." - William James

Stress is an inevitable part of our lives, but how we manage it can significantly impact our overall well-being. Stress can have a physical and emotional impact by creating positive or negative feelings in our daily lives. Mild levels of stress can often be positive by acting as a motivator and energiser. On the other hand, high levels of stress can lead to negative feelings, anger, rejection, distrust, depression and can cause serious health problems. This course is suitable for individuals from all backgrounds and professions, as well as for organisations looking to promote a stress-free workplace culture. Join us in this course and take the first step towards a stress-free and balanced life.

Key Course Content:
- Identify the causes and symptoms of stress.
- Manage individual and group stress.
- Stay calm and controlled in a busy work environment.
- Learn relaxation techniques.
- Effectively communicate and deal with different people.
- Use time management techniques to avoid wasting precious time.
- Practise how to stop thinking.
- Consider the impact of lifestyle
- Understand your personality type.
- Pursue positive thoughts rather than dwelling on faults.
- Understand how thoughts affect our perceptions.
- Broaden your vision and develop a more positive outlook.
- Set Goals

Target Audience:
The course can be tailored for the specific cohort whether it be the leadership team, another group of managers/team leaders or employees.

Duration:
This course is available as a 1-day course or a truncated ½ -day course.

Delivery:
This course can be delivered both in-person or virtually. For virtual delivery, we can use our virtual platforms or your organisations.

Group Size:
We recommend a group size of 4-10 people.