

Stress Management Training Outline

Course Length: 2 to 3 days

Course prerequisites: none

Overview

This workshop will teach your employees how to deal with stress. Not all stress is bad, and learning how to deal with stress and how to use it to your advantage are very important skills. This course is targeted at anyone who is looking to better manage both their work and personal stress.

When stress builds to extreme levels and people are unable to cope, it reduces their physical and mental capacity to perform. Learning to monitor and control stress levels so that it is a positive force is a matter of changing the perceptions of stress.

Course Content

- Recognize the characteristics of stress.
- Learn how to appreciate when stress or pressure rises and how to deal with it effectively.
- Formulate a personal action plan for developing stress management for the long term.