

# Fast-track Stress Management

Stress is our response to our perceptions - how we personally perceive a situation ...

## Course Overview

If we can control our response to perceptions, we can control our levels of stress - it's that simple! This course considers the triggers of stress in the workplace - such as poor communication, lack of commitment, constant or tough deadlines, peer pressure - and discusses how you can effectively and immediately create measures to effectively reduce these levels.

## Why this Course?

Levels of stress, whether physical or mental, and the ability to cope with it are different for everyone. Degrees of pressure can have the beneficial effect of sharpening the senses, but when your ability to deal with this pressure is exceeded, it becomes stress and the consequences may be operationally, personally or mentally significant. This course helps to address the issues quickly and effectively.

## Who is it Aimed at?

Stress can come in all shapes and sizes, and it has become so universally recognised now that it seems to affect everything and everybody. This enlightening and evocative course is primarily aimed at managers and business owners who want to ensure that their people and their workplaces are as 'aware', as stress-free and as productive as they can possibly be - a real 'must-have' for today!

## What will I Learn?

This programme will enable delegates to understand and address the following:  
How to identify sources of work-related stress, the range of symptoms and effects stress can have  
How to identify the options available for preventing and controlling stress in the short term  
How to create work-specific control measures to manage stress over the medium and long term.

## Why is this Program so Good ?

Learning how to effectively deal with stress can greatly improve the overall dynamic of an organisation and the obvious benefits of being 'stress-aware' are huge. Basically, a less stressful environment can resultantly increase productivity, creativity and performance - this course gives you an informative and practical route to creating a stress-free business in which your people can flourish.

£145 + VAT



Book now or enquire

