Training Program Description

Stress has a detrimental effect on our performance, it makes us behave inappropriately. In order to cope well at work we need the skills to learn how to respond well to these difficult situations.

Through the trainer’s expertise and practical knowledge, you will be able to define the key concepts associated with stress management and you will be able to:

- Understand stress in the workplace both in terms of organizational costs and how to measure absenteeism and turnover
- Identify organizational influences on stress
- Identify stress and the individual by detailing individual personality profiles
- Detail ‘The General Adaptive Syndrome’
- Manage stress in the workplace

This Training Program is designed for

- Those responsible for teams who are looking to develop techniques to manage stress effectively
- Managers working in high-pressure environments looking to prevent stress becoming an issue
- Teams who want to develop a balanced and stress-free culture and environment.
- Individuals where stress is affecting their performance and their personality

The Learning Model

The trainer uses up-to-date training techniques and a variety of training methods to give all participants the best opportunities for learning, including:

- Class Session
- Group Discussions
- Simulations exercises
- Case studies and Problem Solving Exercises
- Individual assignments
- Templates and tools
Course Duration

14 Training Hours

Training Program Outline

Stress in the Workplace
- What is Stress
- Impact on the Organization
- Measuring Absence and Turnover

Organizational Influence on Stress
- Organizational Factors

Stress and The Individual
- Stress and Personality Types

The General Adaptive Syndrome
- What is the General Adaptive Syndrome
- Physical Symptoms
- Behavioral Symptoms
- Eustress

Managing Stress in the Workplace
- Role of Management
- Role of the Individual
- Support Programs
- Personal Coping Strategies