

# Stress Management Training

## How often do your employees feel under pressure and stressed?

The ability to remain calm under pressure has a **direct link to employee performance**. Current research shows that top performers are skilled at managing their emotions. This workshop will show employees the skills they need to **remain calm and in control in times of stress**.

### Course Objectives:

#### With this training employees will learn how to:

- Recognize the signs and symptoms of stress in themselves and others at the office
- Understand the causes and effects of stress and the wiring of the brain that supports it
- Recognize the impact of stress at the individual, departmental, and organizational levels
- Learn practical techniques and strategies to deal with stress
- Understand how to create a strategic wellbeing action plan
- Learn about moment-to-moment awareness
- Practice meditation techniques to alleviate pressure and stay calm

### Course Outline:

#### This training will address important element of stress management like:

- Biological origins of stress and understanding of how it works in the brain
- Reality distortions and the emotional impact of stress on perception
- How perceptual reality changes according to mood and what to do about it
- Learn three practical ways to stop worrying about something
- Understand how personality types affect your behavior and mood
- Learn how assumptions and expectations can create stress
- Become more assertive and understand how to address reactive behavior or anger
- Be more present by learning how to center and relax
- Learn the benefits of acceptance practicing “not reacting” and “not judging”,
- Practice mediation and active relaxation techniques that help you regroup and refocus

### Course Benefits:

#### Understanding how stress works and how to manage it can produce many positive results:

- Employee engagement and satisfaction at work
- Confidence in ability to complete complex tasks without stressful delays
- Flexibility in collaboration with a variety of personality types without the interference of stress
- Improved relationships within the departments
- Positive office culture that promotes collaboration between individuals and departments
- Increased ability to focus and priorities without getting stressed
- Happier outlook in life and increased motivation to work

