

gain the **skills**
to be your best

training

The Art of Stress Management

Overview:

With the rapid pace of change experienced in the workplace, stress has become a very real matter that affects organisational and individual performance and motivation. The purpose of this course is to assist participants learn how to identify particular sources of stress, and to gain skills to cope with stress.

At the completion of this course, participants should be able to:

- Recognise stress-inducing environments
- Understand the impact of personal characteristics on workplace performance
- Implement strategies to reduce and cope with stress
- Perform with increased creativity and flexibility

Designed for: All staff

Duration: 1 day

Content:

Understanding stress

- What is stress?
- Your stress signs
- Locating your stress
- Stress – self test

Stages of stress

- Stages of stress

Stress at work

- Job stress
- Burnout

Managing Stress

- Some stress is good
- Staying energised
- Methods for coping with stress
- Your stress release ideas

Actions



Suite 1 / 574 Plummer Street
Port Melbourne Victoria 3207

+613 9676 9211 T
+613 9676 2499 F

admin@learningverve.com.au E
www.learningverve.com.au W

ACN 104 624 919
ABN 62 104 624 919