

Are you experiencing distress or burnout from tension in your life? Unmanaged stress may affect your health as well as your personal and professional life. By managing stress, you can reap tremendous job performance payoffs, including fewer job errors, reduced absenteeism, improved decision making and lower hostility.

WHAT SKILLS WILL THEY LEARN?

- Recognize destructive stress and associated symptoms
- Identify support systems and barriers
- Develop stress reduction techniques and strategies
- Form an action plan for managing personal and organizational stress
- Identify source and causes of stress
- List dangers of not dealing with stress
- Be able to recommend the Employee Assistance Program completely

HERE IS A LIST OF COURSES WITHIN THIS SESSION:

- Assertive Skills
- Attention Skills and Memory Development
- Performance Improvement
- Reengineering
- Stress Management

WHO SHOULD ATTEND:

All members of your organization will benefit from a fresher and some serious coaching in this life saving topic.

STRESS
MANAGEMENT

