



Stress Management

Aims

Designed for individuals who would like to effectively manage their stress and identify where it is coming from. This course will provide the tools, techniques and strategies to deal with this.

Objectives

By the end of this course you will be able to

- Improve your quality of life, health and personal performance
- Understand stress and how it affects the way you think
- Develop peak performance levels
- Learn how to relax, switch-off and get a good night sleep

As part of this course is practical, it is recommended to wear loose comfortable clothing.

Who Should Attend

Individuals who want to improve their overall effectiveness and performance by understanding and applying stress management techniques.

Course Content

- Defining stress
- Identifying your stress level – keeping a stress diary
- Job analysis and performance planning
- Action emotion acceptance skills
- Time management
- Stress and the way we think
- Relaxation techniques that really work!
- Practical relaxation session
- Good sleep tips

Duration

1 Day