

Stress Management

Stress is capable of affecting anyone, yet there is still little understanding of its causes and widespread impact. This essential workshop helps delegates assess themselves and their pressures and shows them how to harness the positive aspects to improve performance without risking their work, health or relationships.

By the end of the course delegates will be able to:

- understand and distinguish between pressure and stress
- recognise stress symptoms in themselves and others
- identify their personality type and personal reactions to stress
- identify their stressors and how to deal with them
- manage time better
- implement stress reduction techniques for themselves and others

The course includes:

- defining stress and pressure

- identifying the body's physiological changes when under stress
- analysis of delegates' own personality type and susceptibility to stress
- recognising the symptoms of stress
- stress, time and change management techniques
- tutorials, discussions, analysis questionnaires and exercises to reinforce learning points

This course is suitable for anyone who wishes to lead a better professional and personal life by recognising and managing stress in themselves and their staff.

Duration: 1 day



The Island Partnership

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