



Managing Stress in the Workplace

Course Description:

Stress in the workplace can come from the environment, the culture and of course demands, however the hidden driver of stress is a person's story. Much of our stress is a creation of a story that is usually much worse than our reality. The way we perceive our co-workers, our manager, our priorities and schedule all have an enormous impact on our stress levels. When team members come together and are compelled by a purpose greater than themselves and the circumstances they face, they create a greater sense of collaboration and communication. This helps them understand that they are in this together and have each others back. This create a culture of accountability and reduced stress.

Course Objectives:

After completing this course, employees at all levels will be able to not only manage their stress, but also reduce it. The tools and techniques that are available in this workshop will give them a sense of control within their environment. Once in control, employees will be more productive, engaged and successful.

- Identify what stress is and where it comes from
- Understand the stress reduction formula
- Learn self-control and awareness
- Empathize and understand others
- Develop and increase your Emotional Intelligence
- Overcome challenges, defuse conflict and relieve stress
- Learn how to control your environment rather than be controlled by it.
- Influence others in a positive way
- Communicate and collaborate to build trust
- Create a team vision and come together for a greater purpose
- Know what types of stress are actually good