

Stress Management

Understanding what causes stress reactions and managing stress effectively, is one of the most powerful strategies available to individuals faced with the “slings & arrows” of organisational life in the 21st century.

Objectives

After successful completion of this course, participants will be able to:

- Recognise factors in the environment which may induce stress
- Identify symptoms of stress
- Manage stressors more effectively
- Change lifestyle to improve health and increase sense of well-being

Benefits

For the participant, improved quality of life.

For the organisation, a healthier and more effective workforce.