

## Stress Management Skills

It's difficult for individuals and companies to acknowledge just how stressful things might be. People want to be seen to be able to cope even in the most demanding times.

This one day course is an opportunity to start managing pressure effectively and to develop an awareness of what tips you over from pressure into stress. The aim of this course is to identify, support and equip you to deal with pressure before it reaches a critical point and becomes stress. You, a colleague or a member of your team may be entering a new role, experiencing a step up in your responsibilities, covering for someone who is off, coming back to work or maybe you just have a lot to do!

This stress management course will help to identify difficult situations that trigger stress. Explore practical, do-able things that you can add to your toolkit. Useful skills for those times when demands are high and deadlines are tight, helping you to manage the unmanageable without blowing a fuse!



### Stress Management Course Objectives

- See where you already manage stress well
- Understand the causes of stress
- Notice what happens to you when you are under pressure
- Build awareness of how pressure tips into stress
- Understand stress led behaviours in you and others
- Look at the impact of pressure and stress in the workplace
- A range of tools to manage pressure and minimize stress in others
- How to set clear boundaries
- How to manage your own assumptions
- How to pre-empt difficulties
- How to say no (being less accommodating)



Where do you go from here?

