



4D Training

Positive Stress Management

Who Would Benefit?

Stress is a part of living and working in a highly pressurised and competitive environment. This course is designed for anyone who would benefit from learning how to identify and manage stress in the workplace.

Objective

You will learn strategies for dealing with stress and how to manage pressure in a positive way that will help you to reach and maintain a high level of performance. Through a variety of personal questionnaires and exercises you will find out how to put into practice what you have learnt.

Content

- Understanding stress
- What stress is and what causes it
- The effects of stress on mind and body
- Recognising signs and symptoms
- Identifying your own sources of pressure
- Examining your response to stress
- Stress and your personality
- Managing stress
- Using mental energy to manage pressure
- Positive thinking
- Relaxing and recharging
- Focusing on goals and values
- Preventing stress
- Managing anger
- Developing a stress-resilient personality

Duration

One day