

Live Webinar - Stress Management

Course overview

The word 'stress' is used to describe the physical and/or emotional response to the demands and pressures that modern living means we come under from time to time.

Stress can be a positive thing, which drives us on and helps us to grow, develop and be stimulated. However, when stress reaches a certain level, it can overcome a person's ability to cope and can impact on their physical and mental health.

The focus is on the positive things that they can do to make changes in their life which will reduce the impact that "bad" stress places on them.

The live webinar will be highly interactive with delegate participation and engagement throughout. There will be two 75-minute sessions with a break of approximately 30 minutes between each session.

There will be a maximum of 10 delegates.

The webinar is delivered by a Certified Online Learning Facilitator.

Content

During this course we will:

- explore the ways in which stress works
- identify the causes of stress
- look at the symptoms of stress in yourself and others
- explore different coping strategies for reducing and managing stress on a personal level
- explore ways in which delegates can enhance their personal resilience.

Outcomes

By the end of this training you will be better able to:

- describe the way that stress work
- identify the causes of stress
- identify the symptoms of stress in yourself and others
- develop personal coping strategies
- enhance your personal resilience
- develop your own stress reduction plan
- plan how to take action in the workplace to reduce stress.