



PERSONAL
EFFECTIVENESS

Managing Stress in the Workplace



COURSE SPECIFICATIONS



FORMAT

- In-house



DURATION

Training is given in one day (6 hours)

(The content and the duration of this session can be adapted for a personalized on-site training.)



TARGET AUDIENCE

People who would like to use pressure to their advantage instead of suffering from it. Anyone who would like to work on their stress balance in order to improve their productivity.



DELIVERY METHOD

Instructor-led, group-paced, classroom-delivery learning model with structured, hands-on activities. Participants' experiences are used as support to put new notions into action.

Highly personalized and interactive approach, the groups are limited to 15 participants.



LANGUAGE

Available in:

- French
- English



CERTIFICATION

Training Certificate

Emploi
Québec



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DESCRIPTION

Managing Stress in the Workplace teaches participants the notions, principles and abilities required in understanding the dynamics of stress and the strategies allowing them to capitalize on their experience to transform stress into a positive force.

OBJECTIVES

ALLOWING THE PARTICIPANT TO:

- Understand the dynamics and manifestations of stress.
- Know the different types of organizational stress factors.
- Analyze stress adaptation strategies.
- Acquire the tools and techniques to better manage stress factors.

COURSE CONTENT

UNDERSTANDING STRESS DYNAMICS

- Introduction
- Positive stress – Negative stress
- Manifestations and consequences of negative stress
- Individuals who are predisposed to stress
- Understanding the biological and psychological processes of stress

OVERCOMING STRESS IN THE WORKPLACE

- Managing stress in the workplace
- The relation between stress and performance
- Types of stress in the workplace
- Evaluating quantitatively sources of stress and job-related stress

CONVERTING STRESS INTO A PRODUCTIVE FORCE

- Strategies allowing management of stress
- Creative strategies
- Reactive strategies
- Proactive strategies
- Conditions to efficiently resist to stress
- Preventive management

PERSONAL ACTION PLAN