

Management Training: Managing Stress & Emotional Situations (SSTRE, 1 jours)

Description

The course Managing Stress & Emotional Situations (Management Training) teaches you to manage stress. High levels of stress affect different people in different ways. This training course will teach you to understand how you react to high stress levels and will allow you to develop effective stress management strategies.

Tarifs

- Tarification: \$850/person
- Rabais de 10% lorsque vous inscrivez 3 personnes.

Plan de cours

Managing Stress
The Effects of Stress	
The Sources of Stress	
Healthy Ways to Cope with Stress	
Physical Activity and Social Countermeasures	
Achieving a Balanced Lifestyle	
Adapting to the Stress
Avoiding Unnecessary Stress	
Altering the Situation	
Adapting the Stressor	
Accepting what you cannot Change	
Sharing the Stress	
Dealing with Emergency Situations
Controlling your Emotions: Desensitization	
Prevent further Degradation	
Analyzing the Situation	
Identifying Potential Root Causes	
Identifying the Likely Cause	
Applying the Solution	
Documenting the Situation and Debriefing	