

Syllabus

COURSE SPECIFICATIONS

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 work/home balance in order to improve their productivity.

DELIVERY METHOD :

Instructor-led, group-paced, classroom-delivery learning model with structured, hands-on activities

Follow-up available (Optional)

CERTIFICATION

Training Certificate

ACCREDITED BY EMPLOI-QUÉBEC

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Corporate Training

"Personal Effectiveness" Series

Managing Stress

DESCRIPTION

This course 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 How You Operate Under Stress

- Identifying stress factors
- Understand the biological and psychological processes of stress
- Analyzing your personal endurance to stress

Fighting Stress - Tools & Techniques

- Learning how to breathe and relax
- Controlling your emotions
- A life philosophy
- Listening to your needs and preventing stress by adapting your lifestyle in difficult situations

Overcoming Work-Related Stress

- Analyzing your organizational stress factors
- Realizing the impact stress has on your work and the work of your colleagues
- Knowing how to adapt to stress

Converting Stress into a Productive Force

- Creative, reactive & proactive strategies
- Turning the energy produced by stress into action

Designing Your Personal Action Plan