

Stress Management: Stress for Success

OVERVIEW

Stress is the adaptation of our bodies and minds to change. The most common feature of today's workplace is change; which is causing the level of stress in the workplace to continuously rise. Mismanaged or uncontrolled stress costs businesses millions each year from employees becoming sick and unproductive. This course will assist the learners to control the stresses in their lives.



GOAL

The goal of this workshop is to enable the manager to be unconsciously competent in controlling stress in their lives for the 21st century.

BUSINESS RESULTS

- Describe the historical context of human's physiological and learned responses to stress and the need for a strategy for dealing with today's stresses
- Identify how the human body reacts/responds to primitive stress and how to apply this knowledge to modern stress
- Identify the 3 key brain compartments and how they apply to the situation
- Define stress, assess their own stresses using the Holmes-Rahe Scale, and apply 3 key stress alerts
- Define both strong and weak contributing choices and one's level of resistance to stress
- Identify tactics for resisting negative choices while adopting and adapting to positive choices.
- Identify and apply techniques for managing stress.
- Create a personal and professional stress management plan

Contact:
Impact Achievement Group
16541 Redmond Way, #121-C
Redmond, WA 98052-4482

Phone: 425-885-5940
Fax: 425-558-1141