

# AMINDSET Training Program 1

## Stress Management Training

Stress has become a part of our lives and we need to learn how to cope with it. This workshop is designed to help a person cope with stress, learn how to try and avoid it, manage or minimise its effects and become stronger and more motivated as a result of the training. It is ideal training for all employees.

- For supervisors, team leaders and managers who want to reduce and manage work related stress at an individual and organisational level.
- It will also help employees develop and implement effective strategies to prevent and manage their stress levels at work.

The Stress Management Training workshop is designed to help educate both managers and employees about stress and how to recognise the signs in the workplace.

### **The Stress Management Training Workshop will include:**

- Recognising the symptoms of stress and the stress triggers for managers & employees
  - Physical
  - Emotional
  - Mental
- Normalisation of the stress using simple techniques for immediate effect
- Self-help techniques to manage wellbeing at work
  - Be more aware about the nature of stress, its management and prevention
  - A stress relief toolkit

- Creating the right culture within an organisation
- Intervention, coping & personal resilience for all employees

Contact us to find out more about our stress management training courses for employees and employers.