

DEALING WITH STRESS

and stress factors in daily business.

FACT SHEET



This course is designed for stress recognition and analysis, dealing with stress, and preventing stress. At the end of this training the participants will be able to recognise their own behavioural patterns and in so doing recognise unhealthy stress factors, readapt unfavourable patterns and apply short and long term strategies to deal with stress. During the training the participants will develop their own action plan to enhance their resources and increase the personal resilience

The three pillars are developing resources – avoid burdens, intervention – reducing risk and prevention-eliminate or reduce stress.

TARGET GROUP

The training is focussed for managers and experts, who would like to develop their competencies in dealing with stress and stress factors in daily business situations, for themselves and for their teams.

OVERVIEW

- Understanding stress
- Self-analysis and recognising individual behavioural patterns
- Identifying stress factors
- Understanding our behaviour under stress
- Learning and applying strategies to deal with stress
- Developing personal action plan

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VALUE

- How we can profit from stress
- Aligning personal perspectives and stress
- Develop practical methods in dealing with stress
- Considering the effects of stress on the team

PROGRAMME CONTENT

Stress

- Stress – what is stress?
- Recognising stress signals
- Stress appraisal
- Understanding stress using the Lazarus Model – Unable to mobilise resources

Taking stock

- Analysis of individual stress situations and stress factors
- Analysing the causes of stress factors – what starts the process!
- Considering one's own behavioural patterns under stress

Dealing with stress

- Immediate and short term measures to deal with stress
- Personal assessment and attitude
- Changing patterns to deal with stress
- Long terms strategies in dealing with stress
- Recognising stress situations we can change and those we cannot

Solutions in dealing with stress

- Personal coping resources
- Systematic problem solving
- Practical exercise in dealing with stress

Stress in leadership positions

- A stressed manager = a stressed team?
- Recognising stress signals from employees
- Recognising the team's resource tank
- Reduce stress through leadership:
 - Reducing stress factors in team
 - Encouraging a valued leadership approach
 - Leadership and respectful communication
- Learning transfer and feedback

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