

People Skills Training

Managing Stress (Half-Day)

In-Person

Working in today's competitive environment can take a toll on your mental health. The many challenges you face can easily elevate your stress levels, so it's important to learn how to cope effectively. People who can manage their stress levels well, and bring an optimistic outlook to the workplace are far more likely to accomplish their objectives. So... "Don't worry, be happy!"

What You'll Learn

This course explores different strategies for handling stress. Learn how to work with team members to make your work environment less taxing. Examine ways to transform negative energy into positive opportunities!

Why you want to learn it

High levels of stress can bring productivity to a screeching halt. With a solid understanding of the causes of stress and how to combat it, you then have the ability to have a positive effect on the outcome. And positive outcomes are the goal, right?

How it will help you

Managing stress is like managing time: it's all about managing yourself. In this module, you will assess your current reactions to stress, then explore ways to clarify where you have a measure of control. Identifying different kinds of stress, and different responses people have, will help you identify how to use more of your innate resiliency to stressful internal and external factors. You will learn to identify ways to convert common negative reactions into positive outlooks with clear action steps.