

Leadership Training

Managing Stress and Conflict

In-Person

Managing stress and dealing with difficult people. This module will help you confront and deal effectively with stress and the behaviors and attitudes of difficult people, rather than reacting negatively. Managing stress is like managing time: it's all about managing yourself.

What You'll Learn

- Examine different types of stress and their impact.
- Explore strategies for handling stress.
- Work collaboratively with peers to manage stress.
- Transform negative energy into a positive opportunity.

Why you want to learn it

You'll be better equipped to perform as an influential communicator, problem-solver and focused leader. You'll learn to strengthen interpersonal relationships, manage stress and handle fast-changing workplace conditions. And you'll develop a take-charge attitude initiated with confidence and enthusiasm.

How it will help you

You will tackle complex challenges, expand your ingenuity, and excel in building team harmony. Use the new skills to become a more persuasive communicator, securing your place as a valued contributor. As you become more adept at influencing, you'll find yourself inspiring others to take initiative and innovate.