

Samskipti

Managing Stress

Staðþjálfun

Managing stress is similar to managing other aspects of your life — it's about taking time to explore which parts of your life require improvement. Identifying different kinds of stress and how you respond to that stress allows you to tap into your best parts and put ideas into action.

Það sem þú lærir

Completion of this module will empower you to: 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.

Af hverju er það mikilvægt

By understanding what factors cause you or team members stress, you can intentionally work together to create a healthy, stress-free work environment.

Skrá mig á þetta námskeið

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!”