

Kişisel Beceriler

# Powerful People Skills: Keep Stress and Anxiety in Perspective

Sınıf İçi

A Dale Carnegie Business Brief

## Ne öğreneceksiniz

Participants will develop and practice stress management strategies based on three pillars of perspective: physical, mental, and social. You'll develop ways to frame things during difficult situations and manage stress levels. Learning and applying these approaches will empower you to propel forward and see circumstances in a whole new light.

## Neden öğrenmek isteyeceksiniz

Participants will be empowered to:

- Evaluate their own perspective on stress
- Discover what can trigger stress
- Commit to principles that allow them to see worrisome situations in a new light
- Plan to keep stress in perspective and achieve more

## Size nasıl yardımcı olacak

- Stress Management - Differentiates between dynamic tension and negative stress, and maintains productive behaviors in contentious situations.
- Adaptability - Open minded. Demonstrates flexibility and a positive attitude when faced with changes.
- Interpersonal Skills - Consistently builds strong, long-term relationship both inside and outside the organization.