



## **Stress Management: Managing Stress Before it Manages You**

**Overview:** Today's workforce is experiencing job burnout and stress in epidemic proportions. Workers at all levels feel stressed out, insecure, and misunderstood. Many feel the demands of the workplace have become too much to handle. The financial impact of stress on corporate Canada is staggering. This workshop explores the causes of such stress, and suggests appropriate initiatives for the company and its employees to undertake.

### **What you will Cover:**

- \* What is stress?
- \* What are the symptoms of stress/burnout?
- \* What does stress cost our companies and its employees?
- \* Factors that impact on our ability to manage stress
- \* Stress management as an organizational project
- \* Organizational support and communication
- \* Stress management as an individual initiative
- \* Nutrition, Exercise, Relationships, Relaxation
- \* De-stress techniques you can use right now

### **How you will Benefit:**

- \* Understand that stress is a positive, unavoidable part of everybody's life
- \* Recognize the symptoms that tell you when you have "chronic stress overload"
- \* Identify those situations in your life that cause you the greatest stress
- \* Identify those actions which add to your stress
- \* Develop strategies for changing both the situations and the actions that can be changed
- \* Develop techniques for dealing with the situations and actions that can't be changed

#### **What's Included?**

- Instruction by an expert facilitator
- Small interactive classes
- Specialized manual and course materials
- Personalized certificate of completion

TIME: 9am – 4pm. FEES: \$2,000.00 onsite up to 12 people. \$300.00 per person offsite, plus applicable taxes. \*Prices and dates are subject to change.

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