For more information write at info@chrs.pk



Two days Training on **STRESS MANAGEMENT**

19-20 FEBRUARY

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There is no such thing as a stress-free job. Everybody in every job experiences stress. The key of this training is to learn how to minimize the effect it has on us to make us feel happier, healthier and more in control. This Stress Management training course is designed to enable you to recognize the symptoms of stress and attune them to deal with it in a positive manner. It provides a strong foundation in stress management and how to implement a stress management programme within any organization



TRAINING OBJECTIVES

This training will help you to learn how to stand up to stress and how to see it as an opportunity for personal growth and development and not a threat.



TARGET AUDIENCE

This stress management training is designed to assist supervisors and midlevel employees in understanding and managing stress both within the workplace and within their everyday lives.



TRAINING CONTENTS

This training will cover the following contents;

- ▲ Nature of stress (What is stress?, Stress in workplace, Stress indicators, Stress & pressure) Organizational Influence on stress
- ★ Where does stress come from?
- ▲ Managing change-Individual transition
- Stress relieving techniques
- ▲ Work values
- ▲ Understanding food & stress and guidelines to healthy eating







By the end of this training, participants will be able to:

- Reduce personal stress
- Improved decision making
- Increased productivity
- Connecting better to friends and families
- Reduce Negative organizational stress
- Increase individual productivity and Responsibility
- Better team communication and morale Retention of valued Employees
- Improve Customer service.