



corporate training options

Stress Management Training

Overview & Learning Outcomes

Upon successful completion of this course you will know how to:

- Understand stress and the effects it has on your mental health
- Employ strategies for coping with your stress
- Explore ways to attain and maintain emotional maturity
- Make personal contacts more positive and meaningful
- Reduce stress through mindfulness and meditation

Prerequisites

There are no pre-requisites for this course.

Duration:

1 Day

Courseware:

High quality learning materials are available for purchase by participants.

Corporate Training Options

Sydney • Melbourne • Brisbane • Gold Coast • Canberra • Adelaide • Perth • Darwin • Hobart
Ph: 1300 667 660 Email: training@cto.com.au Web: www.cto.com.au



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Stress Management
Training Course Outline

Understanding Stress

The Effects of Stress on Emotional Health
Recognising Stress
Testing Your Stress Level
Examining Workplace Stress
Understanding Occupational Burnout

Improving Relationships with Self and Others

Accepting Yourself as a Unique Individual
Sorting Realistic from Unrealistic Expectations
Assessing Your Strengths

Taking Responsibility for Your Own Stress

Identifying the Stress in Your Life
Coping with Stress
Alleviating Stress at Work
Expressing Your Feelings
Using Stress Release and Safety Valves

Enhancing Your Emotional Health

Understanding Emotional Maturity
Expressing Emotions Appropriately
Exploring Your Own Emotional Fitness
Building Self-Confidence
Solving Problems Openly
Ten Tips for Maintaining Emotional Fitness
Setting Personal Goals
Reviewing Your Personal Goals

Reducing Stress Through Biofeedback, Mindfulness and Meditation

Understanding Biofeedback
Developing Mindfulness
Practicing Meditation

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