

Stress Management for Managers



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Objectives: We are all aware of the dangers of stress in our lives, however, how many of us know the signs and symptoms in ourselves, and ways to prevent stress taking over our condition? It is important not only to recognize stress symptoms, but to know how to counteract the signs and regain balance in our lives. This 2-day course has been designed to help students to recognize stress, recognize how we place pressure on ourselves and how to prevent this from becoming destructive.

Who should attend: Anyone in a management role who feels they would like to gain control of any negative stress in their life or their staff.

Duration: 2 Days

Additional Information Course Content can be tailored to clients specific needs

Course Outline

The Nature of Stress

- What is Stress?

Energy Flows In the Body

- Different Types of Energy • Releasing Pressure • Recognising Excess Pressures

Managing Change - Individual Transitions

- Seven Stages of a Transition • Transitions - What Research Has Shown

Strokes and Stamps

- What is a Stroke? • Different Types Of Strokes • Stamps • Feelings • How Do We Behave When We Have Bad Feelings?

Drivers

Are You Under Stress?

- What is Stress? • Where Does Stress Come From? • Relaxation Posture • Stress Relievers

Values

- Work Values

Eye Relaxation

Allowers

Language - Recovering Choices

- Gathering Information • Generalisations • Deletions

Nutrition

- Current Guidelines To Healthy Eating

Language of the Senses

- Words and Phrases

MF: GTS (C399eng).

For more information, or to book your course, please call Sense IT on 0870 4296445
Or visit our web site –www.sensetraining.co.uk