



Optimum Results

Business Training Experts

Stress Management

Programme Overview

- To define the concept of stress and recognise the personal and organisational costs associated with high levels of stress.
- Identify the causes of stress and the impact on your work performance and life in general.
- Recognise the signs and symptoms of stress in both yourself and other people.
- Identify a range of stress reduction techniques and coping strategies.
- Utilise methods for coping and managing stress through the development of your own personal stress plan.

Programme Outline

Defining Stress

- Differentiating between positive and negative stress
- Stress and the human body - "fight or flight" response
- Negative stress and impact on our work performance and lives in general

Recognising The Effects of Stress

- What causes stress?
- What are the signs and symptoms of stress?
- Recognising our own workplace stressors
- The Well Being Scales - recognising stress in our lives

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