

# TECHNIQUES FOR MANAGING STRESS AND PRESSURE IN THE WORKPLACE

Course Code: 100959

Prevent stress from taking over your work life.

This full-day live instructor-led class helps participants to recognize stress, recognize how we place pressure on ourselves, and how to prevent stress from becoming destructive.

We are all aware of the dangers of stress in our lives. 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.

## What You'll Learn

- Understand the nature of stress.
- Identify energy flows in the body.
- Manage change.
- Identify strokes, stamps, and feelings.
- Identify drivers and allowers.
- Use relaxation postures and other stress relievers.
- Manage stress using language choices.
- Relate work values to stress management.
- Develop healthy eating habits that reduce stress.
- Use eye relaxation techniques.
- Apply the language of the senses.

## Who Needs to Attend

All professionals interested in reducing and overcoming stress at work.

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VIRTUAL CLASSROOM LIVE

\$895 CAD

1 Day

## Virtual Classroom Live Outline

### The Nature of Stress

- What is Stress?

### Energy Flows In the Body

- Different Types of Energy
- Releasing Pressure
- Recognizing 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, Allowers - Are You Under Stress?

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

### Language - Recovering Choices

- Gathering Information
- Generalizations

- Deletions

Values

- Work Values

Nutrition

- Current Guidelines to Healthy Eating

Eye Relaxation- Language of the Senses

- Words and Phrases

May 15 - 15, 2025 | 10:00 AM - 3:30 PM EDT

Jul 10 - 10, 2025 | 10:00 AM - 3:30 PM EST

Sep 10 - 10, 2025 | 10:00 AM - 4:00 PM EST

Nov 4 - 4, 2025 | 10:00 AM - 3:30 PM EST



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PRIVATE GROUP TRAINING

1 Day

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