

# MANAGING STRESS AND PRESSURE IN THE WORKPLACE

Course Code: 100959

Learn how to build resilience, stay focused under pressure, and perform at your best in demanding work environments..

Workplace stress and pressure are inevitable—but how individuals respond to them determines both performance and wellbeing. When stress is unmanaged, it can lead to burnout, reduced productivity, and strained workplace relationships. This course provides practical tools and strategies to help professionals manage stress effectively and maintain performance in high-pressure situations.

You will explore the root causes of workplace stress, identify their personal stress triggers, and learn techniques to stay focused, calm, and resilient. Through real-world application and actionable strategies, this course empowers individuals to take control of their response to stress, improve decision-making, and create healthier work habits.

## What You'll Learn

By the end of this course, you will be able to:

- Identify common sources and triggers of workplace stress
- Recognize the impact of stress on performance and decision-making
- Apply practical techniques to manage stress in the moment
- Develop strategies to maintain focus and productivity under pressure
- Build resilience to handle ongoing workplace demands
- Prioritize tasks and manage workload more effectively
- Create a personal action plan for managing stress

## Who Needs to Attend

- Managers and team leaders
- Project managers
- Customer-facing professionals
- HR and Learning & Development professionals
- Employees working in fast-paced or high-pressure environments
- Anyone looking to improve their ability to manage stress at work

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VIRTUAL CLASSROOM LIVE

\$895 CAD

1 Day

## Virtual Classroom Live Outline

### **Module 1. Understanding Workplace Stress**

- What is stress and how it shows up at work
- Common workplace stressors
- The difference between pressure and stress

### **Module 2. Recognizing Stress Triggers**

- Identifying personal stress triggers
- Early warning signs of stress and burnout
- Understanding individual responses to pressure

### **Module 3. Managing Stress in the Moment**

- Techniques to stay calm and focused
- Breathing and grounding strategies
- Resetting during high-pressure situations

### **Module 4. Building Resilience**

- Developing a resilient mindset
- Managing thoughts and reactions
- Maintaining energy and focus over time

### **Module 5. Time and Priority Management**

- Managing workload effectively
- Setting boundaries and expectations
- Avoiding overwhelm through prioritization

### **Module 6. Creating Sustainable Work Habits**

- Establishing routines that reduce stress
- Balancing productivity and wellbeing
- Preventing burnout

### **Module 7. Action Planning and Application**

- Identifying personal stress management strategies

- Creating a realistic action plan
- Committing to next steps for ongoing improvement

Jul 9 - 9, 2026 | 10:00 AM - 3:00 PM EDT

Sep 9 - 9, 2026 | 10:00 AM - 4:00 PM EDT

Nov 9 - 9, 2026 | 10:00 AM - 3:00 PM EST



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PRIVATE GROUP TRAINING

1 Day

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