

Practical Stress Management

-Référence: **IE-29**

-Durée: **2 Jours (14 Heures)**

Les objectifs de la formation

A qui s'adresse cette formation ?

POUR QUI :

- Anyone who wishes to work more effectively and efficiently.

Programme

- **Stress mechanisms and Indicators**

- Definition of stress and related biology; Fight or Flight Response; Difference between positive and negative stress.
- Learn to read your own stress indicators: physical, emotional, behavioural signals; Type A-Type B Personalities.
- Physical and emotional consequences of stress; Recognising and preventing burn-out.

- **You and your Stressors**

- Causes of stress: Your personal stressors; understanding typical stressful work-related situations; (time pressures, competition, financial problems, noise, disappointments.
-); Holmes & Rahe Scale.
- Difference between inner and external stressors; the cognitive approach; the impact of our interpretations; identifying your stressful thoughts.

- **Practical Stress Management Techniques**

- Different stress management approaches.
- Relaxation: concrete and effective breathing, relaxation and visualisation techniques.
- Strengthening ability to manage stress.
- Personal coaching to develop awareness and good habits at work and on a daily basis

- **Dealing with Stressful People and Situations**

Programme

- Understanding the communication process and what creates conflicts and stressful situations; Communication filters; Aggressive/passive/assertive behaviour.
- Developing Assertiveness skills: how to express feelings and opinions calmly.
- Improving communication skills; observation and listening; main principles of non-violent communication.



(+212) 5 22 27 99 01



(+212) 6 60 10 42 56



Contact@skills-group.com

Nous sommes à votre disposition :
De Lun - Ven 09h00-18h00 et Sam 09H00 – 13H00

Angle bd Abdelmoumen et rue Soumaya, Résidence Shehrazade 3, 7ème étage N° 30
Casablanca 20340, Maroc