

managing stress in tough times

fmi course number: PE06

Duration
1 day

.....course overview

In times of economic uncertainty and rapid change there may be increased stress in a performance driven work environment. This can affect people's health and wellbeing and also can make their work less effective. The effective management of stress is a useful and sometimes essential part of the "toolkit" of managers and team members.

It is based upon three fundamental strategies for stress management:

The **first** strategy is to reduce the external stressors. This focuses on using approaches such as reorganising work, improving planning, more effective time management and creating better workplace relationships. This course helps you identify and manage the key stressors in your workplace.

The **second** strategy is to reduce impact of the stressors on the self. This involves looking at the way we think about work and the course uses the findings of cognitive psychological research and emotional intelligence to help us develop ways to reduce the impact of stressors.

The **third** strategy is to reduce the internal effects of stress. This can be done through enhancing our personal fitness and health in both body and mind. Techniques include increasing fitness through exercise and sport and health through diet and regular medical checkups. We also look at results of relaxation focused tactics such as yoga and meditation as well as basic relaxation exercises.

This is a very practical based course that will give both immediate and long term benefit to managing stress at work and so help improve both individuals and the organisation they work for.

.....key content

- Analysing key stressors in your workplace
- Setting stress management goals
- Reduce the external stressors
- Reduce impact of the stressors
- Reduce the internal effects of stress
- Your action plan for improved stress management



.....what objectives can I achieve?

1. Identify key stressors in your workplace
2. Reduce the external stressors
3. Reduce impact of the stressors
4. Reduce the internal effects of stress



Who this course is useful for

All people who would benefit from an increased ability to manage stress as part of their role at work

Resources for this Course

A **Learning Guide** is provided for this course. It contains notes and can be used for participant's own notes.

Assessment

There is no formal assessment in this course

Dates and locations

This course is not offered as a public course. Please contact us to discuss delivery options

Fees

For fees please see FMI Public Course Calendar at www.frontlinemanagementinstitute.com.au

Corporate Versions of this Course

This course can be tailored for corporate requirements as an in-house course.

Booking

To book, phone +612 9281 2635

Email fmi to find out how we can help you:
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Contact

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Location & Post

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