



Stress Management:

The Stress Management in the Workplace training program delivers trademarked stress management tools that are unmatched in the measured results they will produce for you and your organization.

Stress management in the workplace requires more than helpful tips. Changing economic times have us pulled in multiple directions. The pressures and demands between work and personal life are blurred. As a result, the consequences of stress in the workplace come from what is happening to each of us both on and off the job.

Through highly interactive learning, participants apply these stress management training tools to getting more of what's important to them done in less time. Organizational skills are improved so that less things "fall through the cracks."



Course Methodology

This program is designed to ensure complete individual involvement and participation, it will stimulate your thinking and challenge you. The key focus is on practical skills and real outcomes throughout. The content will involve an innovative and engaging blend of activities so that you can directly apply it to your current performance and your future success.

Who Should Attend

- Those responsible for teams who are looking to develop techniques to manage stress effectively.
- Managers working in high-pressure environments looking to prevent stress becoming an issue.
- Teams who want to develop a balanced and stress-free culture and environment.
- Individuals where stress is affecting their performance and their personality.

Customized Training Services

Customized Training Services caters for busy schedules and differing abilities thus providing a flexible approach to modern training needs. Training programs may be developed and delivered within your community center, business or organization. To cater your organization/employees' needs please contact us at beec.buitems@gmail.com

Training Date:

| Date | Duration | Timing |
|-----------|----------|-------------------|
| Jul 17-19 | 3 days | 9:00 am – 2:00 pm |

| Course Fee |
|------------|
| 14,000 |