

Stress Management

In the workplace, stress can cause all kinds of business issues and concerns. These issues and concerns left unaddressed will ultimately hurt morale and profits. Managing stress at work will keep productivity levels at acceptable levels. This course discusses the causes and symptoms of stress within the organization. It also gives the participants a brief understanding of the various programs for managing stress.

Course Outline

- Stress & The Workplace
- Organizational Influence On Stress
- Stress & The Individual
- The General Adaptive Syndrome
- Managing Stress in the Workplace

Who Should Attend

All level staff such as:

- Employees with stress disturbing their work performance.
- Managers operating in high pressure environments.
- Team leaders that would want to establish techniques to deal with stress

Prerequisites

The candidate must have completed or be in the process of completing a high school or secondary school diploma or similar educational standards.

Approvals & Accreditation

- Ministry of Labour, Kingdom of Bahrain
- HABC
- ILM

Course Duration

The standard duration of this course is 12 contact hours.

Learning outcomes

Upon the completion of this Course, the learner will be able to:

- Understand stress in the workplace both in terms of organizational costs and how to measure absenteeism and turnover
- Identify organizational influences on stress
- Identify stress and the individual by detailing individual personality profiles
- Detail 'The General Adaptive Syndrome'
- Manage stress in the workplace

Training methods

- Interactive facilitator lead learning
- Class activities
- Group discussions
- Case studies
- Practical sessions
- Question and answer sessions
- E-learning
- Role-plays
- Self-assessment tools

For more information please feel free to contact:

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