

Working with Stress Seminar

Designed for: Anyone who needs to learn how to manage their workload better on a day to day basis and how to turn stress from a harmful enemy into a creative tool.

Prerequisites: None.

Objectives& Benefits: To learn how to recognise and understand stress symptoms, how to reduce and avoid them, and how to use healthy stress to enhance performance.

Cost:5500 (MUR)

Course Content

- Self awareness: understanding better how you react to stress and how prone to stress you are
- What does stress mean: demands; constraints; supports and pressures
- The stress balance: identify the balance between demands on us and our perceived ability to cope; distress; eustress
- The stress response: how our bodies naturally react to stress; working with the outcome
- Pressure and performance: how stress affects performance levels; checking for signs of too much or too little stress
- Personal attitude: how to improve performance through positive mental attitude
- Stress at work
- Time management: prioritising; effective use of time; managing tasks; relaxation; communicating; activities and interests
- Developing a personal action plan