

# Stress Management



**Stress, if properly managed, can motivate to greater performance and achievement. However, for many it can be a threat to their work, health and effectiveness. Our Stress Management course helps people recognise the impact of excess pressure on themselves and others, and enables delegates to become more effective at work and at home. This course provides delegates with all the necessary techniques and strategies for diffuse situations and make themselves and their colleagues more resistant to stress in the workplace.**

## Duration

One day.

## Who should attend

This course is suitable for managers, supervisors and all those who want to improve their understanding and management of stress.

## Aims and objectives

To enable delegates to define stress and its major causes, recognise the stress warning signs in themselves and others and understand the main techniques in reducing stress levels and improving performance.

## Content

- Understanding stress
- Self awareness
- Effective management of the demands on your time
- Communication and interpersonal skills
- The role of assertiveness in effective stress management
- Dealing with conflict
- Making yourself more resistant to stress.

## Certification

Certificate of attendance on successful completion of the course.

*See current Course Schedule for details of dates and prices.*



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