



10522



In-Class



8 hours



EGP 3,450

Course Description:

This program equips participants with practical tools to understand, manage, and optimize stress for improved performance and well-being. It focuses on identifying stress triggers, applying structured coping strategies, and building sustainable habits that enhance resilience. Participants will learn how to respond effectively to pressure, maintain control in challenging situations, and develop a personalized system to manage stress long-term.

Target Audience:

- Managers and team leaders
- Anyone seeking better stress control and performance
- Employees from all levels working in high-pressure environments

Course Objectives:

By the end of this course, participants will be able to:

- Explain the nature of stress and its impact on performance and well-being
- Differentiate between appropriate stress management approaches (Alter, Avoid, Accept)
- Apply practical techniques to manage stress in daily work situations
- Integrate healthy habits and routines to reduce stress proactively
- Develop a personalized stress management plan for sustained resilience

Course Outline:

Module 1: Understanding Stress & Its Impact

- What is stress (positive vs. negative)
- Impact on performance and health
- Recognizing stress signals
- Introduction to stress management models

Module 2: Choosing the Right Response (Triple A Model)

- Alter: taking control of situations
- Avoid: reducing unnecessary stressors
- Accept: managing unavoidable stress
- Selecting the right approach per situation

Module 3: Practical Stress Management Techniques

- Relaxation techniques (breathing, stretching, meditation)
- Mental and emotional regulation
- Environmental stress control (workspace, distractions)
- Quick stress relief strategies

Module 4: Building a Stress-Resilient Lifestyle

- Sleep, nutrition, and physical activity
- Daily routines and planning
- Preventive stress management
- Maintaining energy and focus

Module 5: Personal Stress Management System

- Using a stress log
- Identifying triggers and patterns
- Managing high-pressure situations
- Creating a personal stress action plan
- Sustaining long-term resilience

Assessment Strategy:

Participants will be informally assessed based on their interaction during sessions and their participation in the group exercises.

Course completion will grant participants:

0.6 CEUs

Course Language:

- Training Material: English
- Facilitation: Bilingual

Prerequisites:

None