



281-P26-CE



In-Class



8 hours



EGP 3,300

Course Description:

Today's workforce is experiencing job burnout and stress in epidemic proportions. Workers at all levels feel stressed out, insecure, and misunderstood. Many people feel the demands of the workplace, combined with the demands of home, have become too much to handle. This course explores the causes of such stress and suggests general and specific stress management strategies that people can use every day.

Target Audience:

Anyone interested in building mental resilience and maintaining a healthy lifestyle.

Course Objectives:

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

- Understand that stress is an unavoidable part of everybody's life
- Illustrate how to deal better with situations and actions that can't be changed and create an action plan for work, home, and play to help reduce and manage stress

Course Outline:

Module One: What is the Stress?

- Defining Stress and How It Affects Us
- What is Stress About?
- Building a Solid Foundation
- Mental Strategies

Module Two: Surrounding Stress

- Stress at Work.
- Time Management Tips.
- Stress at Home.
- Drainers and Fillers

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