

Stress Management

The workshop is aimed at employees at all organisational levels, who need to manage stressful environments. This hands-on workshop allows participants to use personal examples, case studies and role plays to anchor the learning while identifying stumbling blocks and resources that help you deal with stress management at the workplace.



COURSE DURATION: 1 DAY



About the course

SETQAA Accreditation
Services SETA - Decision Number 2072
NQF Level: 4
Credits: 8

Target Audience

The target audience would typically consist of managers and supervisors, HR personnel, personnel practitioners, EAP practitioners and organisational development practitioners or any person interested in effective stress management.

Training Methodology

The methodology is based on interactive training, ie: learners will learn by doing. As with all Quintica training programmes, we strive to effect actual change back at the workplace through effective practical outcomes based training.

Course Outline

This 1 day course will cover the following modules:

Module 1: Main causes of stress:

- Understanding the concept
- Stress and change
- Mind-body connection
- Thoughts and beliefs
- Stress hardiness
- Self concept and self esteem
- The relationship between Emotional intelligence (EQ), Physical intelligence (PQ), Spiritual intelligence (SQ) and stress

Module 2: Main causes of stress:

- Sense of loss
- Survival (financial difficulty)
- Change and uncertainty
- Certainty, stagnation and procrastination
- Declining health
- Insecurity
- Lack of Social support
- Negativity, distorted thinking and pessimism
- Low EQ, PQ and SQ

Module 3: Managing stress:

- Improving EQ, PQ and SQ
- Finding a place of influence
- Strong social support
- Optimism and hope
- Expressing emotions
- Transforming needs into goals
- Self reflection
- Coping with uncertainty and change

Bookings and Enquiries

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