

## Dealing with stress factors (EN)

### Group Training

Training code	CGAOMSTRCE
Spoken Language	English
Language Materials	English
Dayparts	1
Price	€400,00 excl. VAT No extra costs.

### What is Dealing with Stress factors

Dealing with Stressors is a training program designed to help individuals recognize, understand, and manage stressors in their professional and personal lives. The course delves into the nature of a stressor, identifying its sources, and exploring effective strategies for coping and resilience. Participants will learn about the psychological impacts of the stressor, and how to implement practical techniques to mitigate these effects. The program includes interactive sessions, real-life case studies, and proven methods to foster a healthier, more balanced lifestyle. By the end of this training, attendees will have practical guidelines to deal with stressors, better understanding of their own psyche and coping, ensuring they are better equipped to handle stressors effectively.

### Who should attend Dealing with Stress factors

- Team Leaders and Managers: Learn to support your team while managing your own stress, enhancing overall productivity and team morale.
- HR Professionals: Equip yourself with strategies to foster a healthier workplace environment and assist employees in managing stress.
- Young Professionals: Discover methods to navigate the early stages of your career while managing stress and building resilience.
- Line Managers: Develop skills to handle the pressures of middle management and support your team effectively.
- Marketers: Learn how to manage the fast-paced demands of the marketing industry without burning out.
- Freelancers and Remote Workers: Find balance and avoid isolation-induced stress by managing your workload and environment effectively.



## Prerequisites

There are no specific prerequisites for this training. However, participants should come prepared to engage in interactive sessions and be open to learning and applying new techniques.

## Objectives

At the end of the training you will be able to:

- Identify a stressor and the sources.
- Understand the psychological effects of stress.
- Implement cognitive-behavioral strategies to cope with stress.
- Develop personalized stress management plans.
- Recognize signs of burnout and take proactive measures.
- Foster a supportive environment to deal with stress.

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An organization, like ours, helps people and their organizations day by day to get the best out of themselves and each other. We prepare them to defy tomorrow's challenges. We stimulate learning and curiosity. In order for individual IT professionals and their employers, to build better, longer and more intensive relationships. For mutual benefit.

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