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PHOENIX TS

Managing Stress in the Workplace

Due to Covid-19 safety restrictions PhoenixTS will temporarily be unable to provide food to our students who attend class at our Training Center; however, our Break Areas are **currently open** where students will find a constant supply of Coffee, Tea and Water. Students may bring their own lunch and snacks to eat in our breakrooms or at their seat in the classroom or eat out at one of the many nearby restaurants.

Course Overview

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 1 day, instructor led course explores the causes of such stress and suggests general and specific stress management strategies that people can use every day. At the end of this course, participants will be able to:

- Understand that stress is an unavoidable part of everybody's life
- Recognize the symptoms that tell you when you have chronic stress overload
- Change the situations and actions that can be changed
- Deal better with situations and actions that can't be changed
- Create an action plan for work, home, and play to help reduce and manage stress

Course Outline

Module 1: Course Overview

Module 2: Defining Stress and How It Affects Us

Module 3: What Is Stress About?

Module 4: Building a Solid Foundation

Module 5: Mental Strategies



PhoenixTS

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Module 6: Stress at Work

Module 7: Time Management Tips

Module 8: Stress at Home

Module 9: Drainers and Fillers

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Starting at **\$1,095**

ATTENTION

For GSA pricing or Contractor quotes call
[240.667.7757](tel:240.667.7757)

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