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View Full Course Details including Latest Schedule Online

PHOENIX TS

Stress Management

BONUS! Cyber Phoenix Subscription Included: All Phoenix TS students receive complimentary ninety (90) day access to the Cyber Phoenix learning platform, which hosts hundreds of expert asynchronous training courses in Cybersecurity, IT, Soft Skills, and Management and more!

Course Overview

Phoenix TS' 1-day, instructor-led Stress Management course explores the causes of such stress and suggests general and specific stress management strategies that people can use every day. This training will address:

- 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

Schedule

Currently, there are no public classes scheduled. Please contact a Phoenix TS Training Consultant to discuss hosting a private class at 301-258-8200.

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

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 **$795**

ATTENTION

For GSA pricing or Contractor quotes call
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GSA

Price Match Guarantee

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