

Stress Management Training Workshop

Overview...

This workshop suggests identifying and working on the stress factors, understanding emotional and cognitive perceptions, and managing oneself energy and behaviors – this way consequences are not suffered, but chosen. It helps participants better understand their energy sources, acquire skills to handle work and relationship stress, and learn to avoid negative consequences on oneself and the quality of one's relationship with others and the environment.

Objectives...

Participants will be able to:

- Understand how our human system works and how our mind affects our emotions and behaviors.
- Identify, analyze and understand personal stress factors.
- Develop skills to better manage cognitive perceptions of stress.
- Acquire tools to better manage emotional energy and be able to choose the right behavior.
- Learn how to avoid negative consequences on oneself and the quality of one's relationship with others and the environment.
- Develop techniques to reduce stress and increase efficiency and create a healthy environment.
- Become more receptive to changing life perspectives by being more positive and flexible.
- Enhance the synergy and cohesiveness of team members to employ their expertise and creativity.

Audience...

This workshop provides effective methods of managing negative stress and is ideal for employees and employers alike, regardless of their position or level of responsibility.

Outline...

Module -1-

Personal Readiness and Life Vision

- Personal Values
- Self-Assessment
- My Life Vision

Module -2-

Defining Stress and Effects

- The Stress Cycle
- Types of Stress Factors
- Consequences of Stress

Module -3-

Identifying and Analyzing Stress

- Recognizing Stress
- Your Stress Scale
- What Overstress Feels Like

Module -4-

Dealing with Stress

- Read Your Body Signs
- Dealing with worries and problems
- Techniques to Manage Stress

Module -5-

Sustainable Self-Management

- Solving problems and achieving goals
- Keeping a record of progress
- Use Your Tool Box

Module -6-

Team's Support Energy

- Exchanging Stresses
- Empathy and Stress Tolerance
- Giving Feedback

Registration Fees & Schedule...

Fees: 330 KD per participant. (Group rate is available)

Schedule: March 25 & 26, 2008.



For information and registration, please contact:



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