



From Distress to De-stress

Stress management strategies that work

Duration: 1 day.

Target Population: All levels of management.

Workshop Objective: The overall purpose of this course is to enable people to identify the factors that cause them stress, diagnose their stress levels and develop strategies for neutralising and managing stress.

Contents: This programme embraces five topics:

- the meaning of stress
- types of stress
- early warning signs of stress
- personal stress analysis and stress profile
- strategies for neutralizing and managing stress.

