



Stress Reduction Training

Managing stress, in the workplace can be quite challenging as it directly affects aspects, including productivity and ultimately impacting profit margins. The worst-case scenario arises when a team becomes nonfunctional either with members resigning or displaying subordination. However, it is possible to prevent catastrophes by understanding and categorizing stress. With the mindset, resilience, endurance and strength we can tackle stress effectively. Additionally fostering an environment is crucial as it helps counteract situations. This training course aims to equip you with strategies to address stress before it escalates into consequences because prevention is always better than dealing with the aftermath. Furthermore, we offer tailored training courses to cater to your needs.

Overview of the Course

The initial phase of this program focuses on introducing participants to one another and discussing the objectives of the workshops. Participants will have opportunities to identify their personal learning goals.

By the end of this workshop participants will be able to;

- Identify factors that contribute to stress.
- Develop strategies for managing stress.
- Cultivate a mindset even in highly stressful situations.
- Avoid circumstances that lead to heightened stress levels.
- Understand how stress impacts an individual's overall health.

Five Factors Influencing Health

During this session participants will gain knowledge, about the factors that contribute to leading a lifestyle.

Workplace Stress

In this session participants will learn about the definition and prevalence of stress.

The Impact of Workplace Stress

Participants will explore how stress affects aspects of their health in this session.

The Benefits of Reducing Workplace Stress

Throughout this session participants will discover the advantages that come with reducing stress in the workplace.

Groups at Risk of Workplace Stress

During this session we will introduce participants to population groups that are more susceptible to experiencing workplace stress.

Strategies for Managing Workplace Stress

Participants will gain knowledge about interventions, for dealing with stress during this session.

Conclusion and Wrap Up

At the end of the workshop participants will have an opportunity to ask questions and create an action plan.

Visit <https://paramountraining.com.au> for more information or call 1300 810 725