



**THE
ENTERPRISE
CENTRE**

Stress Management

ENT1532

(1/2 Day)

Objectives

Tough economic times, constant changes in organizations and a myriad of other issues and events have created an epidemic of stress. This half-day workshop is for anyone looking to explore the root causes of their stress and employ those practical methods and tools needed to manage it effectively. This workshop looks at practical ways to make our work and social life more enjoyable by distinguishing good from bad stress, developing effective self-talk practices, and employing six essential techniques for reducing stress.

Process

Participants are asked to participate in a variety of exercises designed to stimulate discussion of the topics covered and practice techniques for later use in their personal and work environment.

Participants will be able to:

- Understand the effects of stress
- Make effective decisions that help minimize stress
- Identify six essential techniques for handling stress

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