



## Practical Ways to Effectively Manage Stress

Duration  
1-hour

Audience  
Individual Contributor  
Emerging Leader  
New Leader  
Middle Manager  
Senior Leader

### About This Course

This course focuses on understanding and managing stress by identifying key stressors, recognizing symptoms of distress, and exploring typical responses to pressure. It emphasizes accepting what's beyond your control while learning to manage your reactions and priorities effectively. Participants will examine the physiological links between stress and emotions, apply practical mental health strategies, and practice techniques to improve responses to stressful triggers in daily life.

### Topics Included

- 7-steps of stress management
- Stress Journaling
- Emotional Regulation
- Other practical way to effectively manage stress

### Training Approach

- Instructor-led
- Group discussion
- Self-reflection

## Skills Learned/ Outcomes

- Recognize personal stress triggers and early signs of distress
- Distinguish between controllable and uncontrollable factors in stressful situations
- Apply evidence-based techniques to manage emotions and maintain composure
- Respond more calmly and effectively to challenges in both personal and professional settings

## Course offerings:

We offer a wide range of training programs for leaders and teams to strengthen capabilities, enhance collaboration, and drive organizational success

### Communication

Prioritizing and Communicating Goals, Roles & Responsibilities  
Communicating Across Generations

### Team Performance

Motivating and Inspiring Team Contributions and Success  
Ensuring Team Accountability for Consistent Performance  
Leveraging Your Team's Diverse Talents and Strengths  
Inspiring, Motivating, and Guiding Team to Achieve Org. Goals  
Fostering Strong Collaboration and Managing Conflict for Productive Outcomes

### Productivity and Efficiency

Effectively Managing Workload

### Leadership Quality

Inspiring Mission-Driven Work in Direct Reports  
Learning & Applying Situational Leadership  
Empathy-Based Leadership  
Increasing Emotional Intelligence, Leadership Presence, and Personal Integrity  
Being Visionary & Strategic in Thinking and Execution  
Cultivate Talent through Accountability, Empowerment, and Effective Delegation, Coaching, Feedback  
Proactively Advancing Diversity, Equity, and Inclusion throughout the Organization  
Leading & Influencing Change, Improvements, and Innovation

### Recruiting and Onboarding

Assessing, Recruiting, and Retaining Team Talent