

learning
equals
development

EQV Course Outline



- Stress Management – Performance Booster
- 2 Hours

Tel: 0844 888 2732 E-mail: lets-talk@eqv.co.uk www.eqv.co.uk

EQV (UK) Ltd, The Mill House, Dovecote Court, Potters Marston, Leicestershire, LE9 3JR

Stress Management – Performance Booster (2 Hours)

Business Benefit

- Work related stress is now one of the biggest causes of absence from the workplace and trends indicate that the figures are getting worse not better. Some degree of stress in our lives is vital. It is what keeps us alert and helps us develop, however, too much stress can lead to both mental and physical illness. This session is designed to help us understand what stress is and outline some of the strategies for managing it.

Who Should Attend?

- Anyone who wishes to be able to better manage the pressures they face at work.

Learning Objectives

By the end of this course you will be able to...

- Identify the different types of stress and its causes.
- Describe positive thinking and relaxation techniques for managing stress.
- Create a personal Stress Management Plan.

Course Content

- Understanding Stress – What is it and how does it happen?
- The signs, symptoms, causes and triggers of stress.
- Understanding a Stressful Mindset.
- Recognising Stress Induced Behaviours
- Stress Busters – Managing Stress.

You may also be interested in

Assertiveness

Managing Conflict

Managing Negativity

Dates: **Dates to suit you...**
Please contact EQV

Price: **£POA**
per person

The EQV Promise

We ensure that our courses are well received and are delivered by trainers that have actual commercial competency in their chosen subject.

Not only is this essential for our accreditation purposes but it ensures that the trainers will be able to include relevant experiences they themselves have learnt from. This generates appropriate engagement and empathy in the training environment.

When the course is completed we will report back to you about how the training has been received and can indeed evaluate the training right from start to finish after the skills transfer period. This information can come from your account manager who is your main point of contact at all times.

The EQV Experience

Our training courses take the attendee on a journey of learning and development. Throughout the course everyone is engaged in a stimulating and participative way.

Our courses are designed to encompass many different kind of learning activities making sure they appeal to different natural styles of learning that individuals have.

Activities may include a selection of syndicate work, discussion, pair work, case studies, games, role play, quizzes and presentations.

During the event an individual works on their own implementation plan so that they have a clear plan of how they are going to support their own skills transfer back in the workplace. Whilst it is important for the attendees to enjoy the workshop we want to ensure they apply as much as possible back in the workplace.

Our Training Centre

Set in the heart of beautiful rolling Leicestershire countryside, our idyllic training facilities not only provide attendees with the perfect environment to concentrate on their individual learning experience but also provide the practicality of ample parking and fully designed and equipped training rooms.

You will be greeted upon arrival by our training coordinator who is your point of contact throughout the day should have any specific queries.

A delicious buffet lunch is provided, catering for a variety of dietary needs.

