



TRIO CONSULTING

Stress Management



Trio Training provides the professional development *you* need to succeed.

Stress Management - We all suffer stress, at least occasionally, and even good times can be stressful. Job advancement and satisfaction, physical and psychological health, and even life expectancy can depend on one's ability to positively deal with our ever changing and ever stressful environment. Today's changes compound stress' effects. "Doing more with less", "Crazy co-workers", and fast paced communications contribute to how we react – STRESS. This program helps you identify the effects of stress and how to improve your ability to cope with the effects of stress. Using a few simple principles we will be better able to fulfill our future coping with impossible circumstances.

Topics Covered:

- » Identifying stress in the workplace
- » Seven (7) ways of dealing with workplace stress
- » Identify life's stressors and those you can control
- » Gathering the broadest support network possible
- » Recognize how coping mechanisms help
- » Four (4) simple steps to cope positively with stress
- » Developing a stress control strategic plan
- » Six (6) must know tips for coping with workplace stress and develop a "workplace wellness plan".

Everyone who desires to overcome, simply and easily, the debilitating effects of the stressors in their lives should take this course.

This course can be delivered remotely at a customer's site when requested.

See our current class schedule at www.trio-consulting.com

Benefits of Choosing Trio Consulting:

- » Best of breed expert instructors
- » Convenient registration and location
- » TD+ package allows unlimited access to the training you need – ask us how.

For more information:

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