



## STRESS MANAGEMENT

### Objective

Comprehensive training designed to empower teams functioning in high-stress environments, mitigating the risk of professional burnout by equipping them with resilience-building strategies, stress management techniques, and fostering a supportive and adaptive team culture.

### Topics

- Communicating with customers, especially their complaints
- Making decisions amid uncertainty and stress
- Prolonged remote work
- Signs of burnout, reduced productivity
- Frequent employee sick leaves, late work deadlines
- Negative emotional background in the team

### Benefits and result

#### Participant benefits:

Enhance your ability to identify early stress signs and proactively prevent burnout. Explore the long-term impact of stress on professional performance, discover personalized stress management techniques, and gain insights into delineating control from the impact zone. Learn rapid self-calming and emotional self-control strategies for a resilient professional approach.

#### Company benefits:

Foster a team characterized by heightened emotional stability, enhanced effectiveness, and unwavering motivation. Cultivate the proficiency to consciously detect and address toxic workplace dynamics, proactively averting potential issues. Experience a discernible decline in the incidence of employee cases, reflecting a healthier and more harmonious work environment.