

Stress Management

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Stress Management

Course description

Workplace stress is expensive in terms of wasted time, money, productivity and intellectual investment. It has a negative impact on the business as well as on the individual employee.

The impact of workplace stress includes loss of work time, poor performance, mistakes, and miscommunication. The escalating cost of stress related illnesses has an often silent, but demoralizing impact. The bottom line is – manage your workplace stress, or else IT will manage your company.

Since employees can't prevent anger, stress & conflict, the most important thing is to learn how to handle or manage them in productive ways. During the two day Stress Management workshop we will explore the harmful long-term effects of anger & stress on our mental and physical health and provide suggestions for managing our individual stresses more effectively.

Course duration

This course is scheduled for two (2) days from 9:00 till 16:00.

Course pre-requisites

None.

Who should attend?

All employees.

Course benefits

- People are healthier, look forward to coming to work, and work better with each other
- Reduced levels of absenteeism
- Increased ability to cope under pressure and solve problems
- Increased levels of productivity with fewer quality or mechanical issues
- Smoother, more acquiescent work environment
- An immediate and tangible increase in energy
- More positive outlook and balanced emotions
- Word of mouth advertising from satisfied customers

Course outcomes

The qualifying learner is capable of:

- Describing stress in personal life and work situations.
- Analysing the causes of stress in personal life and work situations.
- Describing reactions to stress.
- Applying strategies to manage stress in personal life and work situations.

Topics covered

Stress in personal life and work situations

- Defining the concept of stress
- Positive stressors in personal life and own work situation



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- Negative stressors in personal life and own work situation
- Pressure & Performance – the “Inverted U”
- Job Conditions That May Lead to Stress
- Job Stress and Health
- Early Warning Signs of Job Stress
- Job Stress and Health: What the Research Tells Us
- Stress, Health, and Productivity

Causes of stress in personal life and work situations

- Impact of personal stressors on the individual and an organisation.
- Impact of societal stressors on the individual and an organisation.
- Impact of environmental stressors on the individual and organisation.
- Impact of organisational stressors on the individual and an organisation.
- The interrelationship of the different stressors

Typical reactions to stress

- Typical physical, emotional, cognitive and behavioural reactions to positive stress
- Typical physical, emotional, cognitive and behavioural reactions to negative stress
- The impact of positive stress and negative stress on health
- The impact of positive stress and negative stress on work performance
- The impact of positive and negative stress on interpersonal relationships

Strategies to manage stress in personal life and work situations

- Theories of stress and coping strategies
- Proactive and reactive stress management strategies
- Stress Diary – Identifying sources of short-term stress
- Designing a stress management plan to maximise optimal stress levels

Anger Management

- Channelling anger into performance
- Reframing
- How Good Is Your Anger Management?
- Manage Your Anger Constructively
- Dealing with Difficult People

[For bookings or more information](#)

For bookings or more information please feel free to Marili van Niekerk us at 012 640 2600 or e-mail training@acctech.biz

For the latest event schedule visit our training page on www.acctech.biz



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