

MANAGING STRESS FOR PEAK PERFORMANCE

STRESS IS A COMMON PART OF MODERN LIFE, AND IT CAN HAVE A SIGNIFICANT IMPACT ON PHYSICAL AND MENTAL HEALTH, AS WELL AS PRODUCTIVITY IN THE WORKPLACE.

ABOUT THIS COURSE

This Training program is designed to provide participants with the knowledge, skills, and tools to effectively manage stress and optimise performance. Through interactive discussions, practical exercises, and stress reduction techniques, participants will learn how to identify stressors, build resilience, and develop a personalised stress management plan.

OBJECTIVES

- Understanding the nature of stress and its impact on physical and mental health
- Identifying stressors and developing strategies to manage them effectively
- Build resilience and optimize performance in high-stress situations
- Learn practical techniques for stress reduction
- Develop a personalised stress management plan

Ideal for anyone who experiences stress in the workplace or personal life, including managers, executives, and employees at all levels

COURSE HIGHLIGHTS

- 1-hour Training program
- Combination of interactive discussions, real-world case studies, and practical exercises to engage participants and enable them to apply the concepts learned in a practical setting
- Customisable in-house training options
- Optional post-training coaching by an Organisational Psychologist for further learning and accountability



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