

# Stress management

## Who is it for?

Middle managers, new managers and professionals, who need to manage themselves and others in stressful situations.

## What's in it for me and my business?

Self control supports manifestation of other competencies by putting emotions in the function of achieving business and personal objectives. People strong in self-control and stress management behave constructively in difficult situations and help others to act the same.

This training provides practical guidelines for managing one's own emotions and the emotions of others in order to achieve business objectives.

## What will I be able to do after I receive training?

You will be able to:

- Recognize typical stressors in the workplace and understand the ways you can address them
- Recognize stress signals
- Understand how the way we interpret a situation affects the level of stress we experience
- Take control of your behaviour, instead of acting automatically
- Recognise and positively influence emotional reactions of co-workers in stressful situations.

**Duration**

One day

**Trainer:**

Milana Malešev