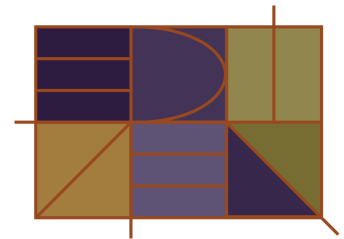




Mastering the Art of Business through Workforce Training



EDIZEN

Workshop **Stress Management**

Summary Most employees are coping with many demands from home, work and personal activities. Our fast-paced society does not typically allow time to rejuvenate and de-stress. This interactive half-day workshop helps employees understand the signs of stress and teaches some simple techniques for coping with the daily stresses we all encounter.

Format Half day workshop

Target Audience Employees at all levels

Topics Covered and Learning Objectives

- Defining the stress response
 - What is stress?
 - The life events and circumstances typically associated with high stress
 - Recognizing the signs of being “over-stressed”
- Understanding how stress affects our health
 - The physiology of stress
 - What happens when stress goes unchecked?
- Learning simple techniques for managing stress
 - Relaxation
 - Self-talk
 - Calming the reaction

Edizen’s experienced facilitators consistently receive the highest evaluations for delivering workshops that are interactive and meaningful.

Contact Edizen today

to learn more about how we can help you and your organization meet your goals.

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