

Stress Management Training

Course Duration: Half Day

Course Cost: €50, group discounts available

Course Capacity: 12 Student Maximum

About the Course:

A stress management course is designed to equip participants with practical tools and strategies to cope with and reduce stress in their personal and professional lives. The course typically covers topics such as identifying stressors, understanding the physiological and psychological aspects of stress, and developing effective coping mechanisms.

Participants learn relaxation techniques, time management skills, and mindfulness practices to enhance their resilience and well-being. The goal is to empower individuals with the knowledge and skills needed to navigate stressful situations more effectively and maintain a healthier work-life balance. The course may include interactive sessions, discussions, and practical exercises to reinforce stress management concepts

Course Aimed for:

- General public
- Doctors.
- General Practitioners.
- Pre-Hospital Workers.
- Registered Nurses and Midwives.
- Health and Social Care workers.

Course Overview:

- How your mind works..
- What stress actually is.
- How the mind and body reacts to stress.

- The affects stress has on the body.
- The flight of flight reaction.
- Common coping mechanisms.
- The general adaption syndrome.
- How pressure turns to stress.
- How stress reduces performance.
- The main areas of stress management.
- Complete a personal stress audit, swot analysis and stress diary.
- How to cope with work overload.
- Time management tips.
- How to work with difficult people.
- How to deliver bad news.
- Co-worker and team stress.
- Performance stress.
- Environmental stress.
- Awareness and positive thinking.
- The power of thought.
- Emotions and what they mean.
- How to manage emotions.
- Chemical stress.

Certification:

Certification is provided by Hart EMS on successful completion of the course and will be valid for 2 years.