

## STRESS MANAGEMENT

*"Learn effective techniques to manage stress and enhance your well-being."*

### Schedule

Date	Venue	Fees (Online)
30 Jul 2026	Online	USD 450 per delegate

► **Available delivery methods:** Face-to-Face & Online Training

### Introduction

Stress is a natural response to challenges, but chronic stress can have detrimental effects on your physical and mental health. This 1-day online workshop is designed to help participants understand the sources of stress and develop practical strategies to manage and reduce it effectively. Through a combination of theory and interactive exercises, participants will learn techniques for relaxation, time management, and emotional control.

The course emphasizes creating a personalized stress management plan and introduces methods for maintaining well-being in both personal and professional life

### Objectives

By the end of this course, participants will be able to:

- Identify the causes and symptoms of stress.
- Apply techniques for managing stress in different situations.
- Learn relaxation methods and mindfulness practices for reducing stress.
- Understand the impact of stress on physical and mental health.
- Develop a personal action plan for stress management.

## Why Attend

- Learn practical tools to manage stress in your daily life.
- Improve your ability to handle work-related stress and personal pressures.
- Enhance your overall well-being and mental clarity.
- Build resilience to cope with challenges and change more effectively.
- Gain techniques to increase focus, productivity, and relaxation.

## Target Audience

This program is designed for:

- Professionals in high-stress environments, such as managers and team leaders.
- Anyone seeking to improve their ability to handle stress effectively.
- Individuals looking to improve their mental health and well-being.
- Employees experiencing burnout or anxiety in the workplace

## Individual Benefits

Key competencies that will be developed include:

- Improved emotional regulation and resilience.
- Enhanced ability to manage work-life balance.
- Practical relaxation techniques to reduce stress on a daily basis.
- Better focus and concentration under pressure.
- Improved physical and mental health through stress management strategies

## Organizational Benefits

Upon completing the training course, participants will demonstrate:

- Reduced levels of stress within the workplace.
- Greater productivity and efficiency under pressure.
- Improved morale and job satisfaction among team members.
- Enhanced teamwork and communication through better stress management.
- Increased capacity to handle workplace challenges and change.

## Instructional Methodology

The course follows a blended learning approach combining theory with practice:

- Strategy Briefings - Exploring the science of stress and how it affects individuals and organizations.
- Case Studies - Learning from real-world examples of effective stress management.
- Workshops - Hands-on activities and exercises to practice stress management techniques.
- Peer Exchange - Group discussions to share experiences and learn from one another.
- Tools - Stress management tools and strategies for daily implementation.

## Course Outline

**Training Hours:** 9:00 AM – 4:00 PM **Format:** 3 Learning Modules | Breaks: 11:00 & 2:00

### Day 1: Stress Management

- Module 1: Understanding Stress (09:00 – 11:00)
  - What is stress, and how does it impact the body and mind?
  - Identifying personal and professional sources of stress.
  - Recognizing the signs and symptoms of stress.
- Module 2: Techniques for Managing Stress (11:15 – 1:15)
  - Time management strategies to reduce stress.
  - Relaxation techniques: breathing exercises, meditation, and mindfulness.
  - Practical exercises for reducing stress in real-time.
- Module 3: Creating Your Stress Management Plan (2:00 – 4:00)
  - Developing a personalized stress management strategy.
  - Setting goals for maintaining stress reduction techniques.
  - Building resilience through positive coping strategies and self-care.

## Certification

Participants will receive a Certificate of Completion in Stress Management, validating their ability to manage and reduce stress effectively in both personal and professional environments.

## Why Choose MAWA Events

- **Global Expertise:** More than 17 years of experience in professional training and consulting.
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- **Practical Insights:** Learn to turn theory into actionable strategies for real-world business impact.
- **Client-Focused Solutions:** Customized programs designed to achieve your organisation’s unique goals.

### In-House / Customized Training

Interested in running this course for your team?

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