

COPING WITH THE STRESS OF BEING A MANAGER

Work-related stress is a growing phenomenon that concerns all sectors of activity and all professional categories. Given the effects of stress on the health and working capacity of individuals and, consequently, on company performance, it has come to be considered as the new corporate evil. And yet, when handled appropriately, stress can have a positive impact and help us surpass ourselves. Handling stress consists of using the pressure exerted on us as effectively as possible. Becoming aware of the causes of stress in our lives represents a first step. Thereafter, depending on the factors at play, we can take action to reduce stress in order to attain an optimal balance where stress becomes constructive.

This programme is designed for:

- business unit managers
- line managers
- project managers

At the end of this course you should be able to:

- understand stress levels and sources of stress
- cope with typical stressful situations relating to people and project management
- reduce the stress factors over which you have control

The applied professional development certificate shows you have acquired the skills covered in the course.



Benefits of the programme:

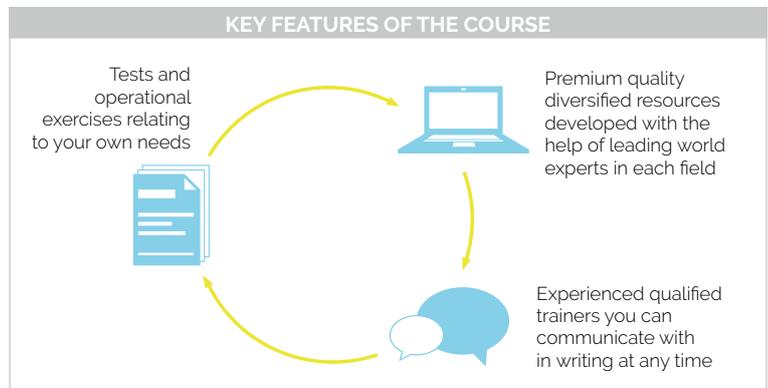
increasing productivity and avoiding wasted energy relating to stress
improving your management skills by not allowing your own stress to affect the people around you
being happier at work by reducing stress
knowing yourself better by understanding what causes stress in your life

3 MONTH TRAINING PATH (21 HOURS)

A welcome message includes your login ID for the training course website.

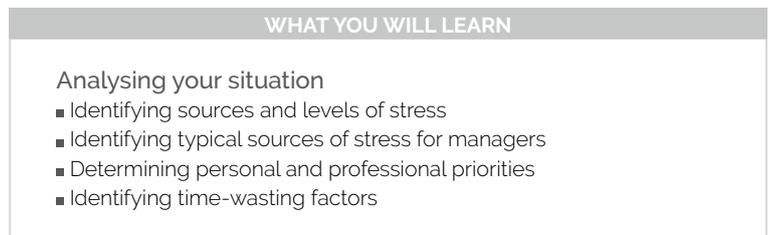
1 Preparing for the programme

Assess your level before you begin your training, and tell us what you expect from the course so that your trainer can recommend a personalised training path.



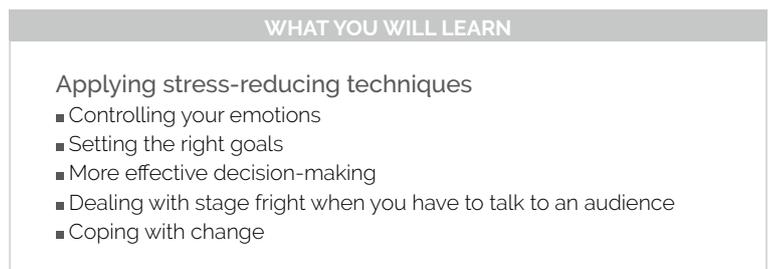
2 Mastering the fundamentals

Begin training and putting the fundamentals into practice, making the most of your trainer's experience and advice.



3 Building on what you've learned

Consolidate the skills you've acquired and build on them. Receive an action plan recommended by your trainer.



4 Receiving your certificate

Your trainer assesses your progress on the course. When the course is completed, you'll receive a certificate endorsing the skills you've acquired.

