

# Stress Management



Today's workforce is experiencing job burnout and stress in epidemic proportions. Workers at all levels feel stressed out, insecure, and misunderstood. Many people feel the demands of the workplace, combined with the demands of home, have become too much to handle.

This **one-day workshop** explores the causes of such stress, and suggests general and specific stress management strategies that people can use every day.

## How You Will Benefit

### At the end of the workshop you will be able to:

- Understand that stress is a positive, unavoidable part of everybody's life
- Recognise the symptoms that tell you when you have chronic stress overload
- Identify those situations in your life that cause you the greatest stress
- Identify those actions which add to your stress
- Change the situations and actions that can be changed
- Deal better with situations and actions that can't be changed
- Create an action plan for work, home, and play to help reduce and manage stress

## What You Will Cover

- Defining stress and how it affects us
- What is stress about?
- Building a solid foundation
- Mental strategies
- Stress at work
- Stress at home
- Time management tips
- Drainers and fillers

## What's Included?

- Instruction by an expert facilitator
- Small interactive classes
- Specialised manual and course materials

**YES! Enrol me now!**  
**REGISTRATION FORM**  
**Stress Management**

Participant's name:	_____	Position:	_____
Organisation:	_____		
Work Address:	_____		
Phone:	_____	Email:	_____
Credit card type: <b>MasterCard / Visa Only</b>			
Name on card:	_____	Amount:	_____
Credit Card Number	_____	Expiry Date	_____
Signature	_____		

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