

Stress Management – Positive Approaches to Stress

Content/Goals:

Stress is an integral part of our (working) lives and hard to avoid. The art is to find the right way to deal with it, so that it does not have a negative effect on our performance and health. Everybody can learn how to unfold the positive effect stress can have.

One of the core competencies in every professional field today is to be able to manage stress in a competent way and to address it economically using our own strengths. This competency can be specifically promoted.

In this program, you will learn:

- what stress is, and why it is not fundamentally negative, but rather a prerequisite for performance, well-being and survival.
- but also, the negative aspects of the stress phenomenon and how to prevent them.
- how to maintain and strengthen your own stress resistance against everything from the small but constant obstacles of everyday life to high-intensity phases of stress.
- how to be aware of it when stress becomes a threat to your health and quality of life, and which paths lead out of chronic stress traps.

Participants receive practice-oriented handout material that supports the transfer of what they have learned to their everyday work.

Trainers:

Our trainers are specialists in occupational health management or psychologists with many years of professional experience as occupational and organizational psychologists.

Duration:

Lunch Session	1 h: Theory
Workshop	2 h: Theory and practice
Training	4 h: Theory, practice and experience

Costs:

Lunch Session	1 h	€ 500
Workshop	2 h	€ 800
Training	4 h	€ 1'050

The price includes preparation and handouts. Travel expenses and travel time will be charged additionally at a flat rate of € 150 per event. The offer is valid for ICAS customers. The prices are exclusive of VAT.

Target audience:

Executives/management, employees, trainees

Infrastructure:

The training courses take place in suitable training rooms at your premises.

Contact:

ICAS Deutschland GmbH
Hansaallee 22
60322 Frankfurt a. M.
Phone: 069 663 77 980
E-mail: info@icas-eap.com