



## A STRESS MANAGEMENT WORKSHOP JUST CHILL

 087 135 5543

### WORKSHOP OUTLINE

- Define the word stress
- Identify your stress levels
- Understand the consequences of stress
- Determine the effects of stress on the body
- Manage stress
  - Exercise
  - Nutrition
  - Relaxation
  - Sleep
  - Breathing
  - Working effectively
- Score your stress levels
- Establish your personal score card
- Determine your stress management goals

**01**

Focus on practical application of skills, learnt, applied and practised

**06**

Improving the learner's confidence, attitude, knowledge and skills are critical

**05**

Edge ensures that the learners are engaged and receptive to training

**02**

Knowledge sharing and team learning form part of Edge's unique training methods

**03**

Programmes are flexible and easily adaptable to suit the various learning styles

**04**

Interactive sessions include group discussions, case studies, Q & A sessions and role-plays

### COURSE METHODOLOGY

### OBJECTIVE

By the end of this course you will understand stress and the effect it has on your body. You will be able to analyse your diet to ensure a healthy lifestyle and you will have identified your life score and the factors which could damage your health if not addressed. You will thus be ready to implement your personal action plan to reduce your current stress levels and ultimately become an effective team member or leader if the situation presents itself.

### EDGE TRAINING CONSULTANCY

With over 18 years of Human Development training experience, Edge Training has a Level 2 BBBEE Scorecard, a National Footprint and Full Accreditation with Services SETA. Together with our BEE partners, we are committed to solving BEE related Skills Development Challenges in a meaningful way. Whether an Accredited Short Course, a Behaviour Changing Workshop or a Learnership, our highly skilled and dedicated team can offer you a solution. We source the learners and manage all the necessary requirements for disabled and unemployed learnerships. Most of our learnerships and Workshops are also offered as online courses.

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CHANGING LIVES**