



Stress Management Skills Training Course: Exercises and Techniques to Manage Stress and Anxiety - Build Success in Your Life by Goal Setting, Relaxation and Changing Thinking with NLP

By Kathryn Critchley

Universe of Learning Ltd. Paperback. Book Condition: New. Paperback. 182 pages. Dimensions: 9.2in. x 7.4in. x 0.6in. Stress Management Skills Training Course. Stress is all around us and affects us all - but it isn't the same for everyone, and each of us handles it differently. One person's challenging pressure is someone else's debilitating stress. Techniques that work well for you might not be so effective for me. There is no single right answer, and that's why we want to help you build your own personal toolbox of stress management skills. Course Overview We start this course by taking an in-depth look at stress, exactly what it is and how to deal with it. We show you how to identify your unhealthy stress, and then give you a number of strategies to help you effectively manage and deal with any areas you want to change. Remember, not all stress is bad, some stress is good and can be healthy - plus it's often a great motivator. Throughout the programme we take a holistic approach to stress management and consider both manager and employee in the workplace, as well as how to cope outside work and maintain a healthy work-life balance. Topics...



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