



Managing Pressure and Maintaining Balance

Select Your Learning Style

Facilitator-led 1 Day Program (Classroom)

OR

eLearning format (Self-paced)

Please refer to Pricing Page for cost per participant

When things are extremely busy at work and you have your hands full with many tasks and dealing with difficult people, having skills you can draw on are essential for peace of mind and growth. This program will help participants understand the causes and costs of workplace pressure, the benefits of creating balance, and how to identify pressure points. They will also learn how to apply emotional intelligence, increase optimism and resilience, and develop strategies for getting ahead.

What Will Participants Learn?

- ✓ Apply a direct understanding of pressure points and their costs and payoffs
- ✓ Speak in terms related to emotional intelligence, optimism, and resilience
- ✓ Create a personalized toolkit for managing stressors and anger
- ✓ Work on priorities and achieve defined goals

What Topics are Covered?

- ✓ Under pressure!
- ✓ Getting to the heart of the matter (including identifying pressure points and creating an action plan)
- ✓ Emotional intelligence
- ✓ Coping toolkit (including anger and stress management)
- ✓ Getting organized

What's Included in Your Learning Style?

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| ✓ Self-paced eLearning OR | ✓ Specialized course materials and resources |
| ✓ Interactive class environment – Facilitator-Led | ✓ Personalized certificate of completion |

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