



STRESS MANAGEMENT

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STRESS MANAGEMENT:

Stress management at work place is very important for the staff performance. They have to cope with deadlines, long hours and change in their work schedule. The nature of employment has now changed, and the idea of a job for life has been replaced by an emphasis on performance.

COURSE OUTLINE

Understanding Stress

- What is stress?
- Fight or flight?
- How we think about stress
- Stress – The underlying mechanisms
- Stress and your health

Understanding Pressure

- Understanding the relationship between stress and pressure
- Linking pressure with performance – productive and unproductive levels of
- The crucial differences between pressure and stress, and how those differences can manifest
- How we inadvertently put pressure on ourselves— and others
- Common pressure traps and how they make us “choke”
- What pressure does to our brains— and how it affects our thinking

Combating Stress

- Assessing longer term stress
- Examining your working style and looking for ways to improve
- Understanding your unique stress position – Stress SWOT Analysis
- Applying tools to your Life
- Identifying the most important sources of stress
- Working out how to manage each source of stress

Making Decisions Under Pressure

- Emotional dimension and pressures of decision making
- Complexity
- Multiple objectives
- Personal and peer pressure
- Self-belief or self-doubt

ABOUT US:

Your Own Institute of Training and Professional Development is established in 2021 with the approval from DED and KHDA- Dubai.


A set of experienced Educational Experts, world class Trainers and Professional consultants who know the need and pulse of the working force, are behind this venture. This Institute is developed after doing immense market survey from the working force and the Corporates. We collected feedback from them and realised what they want exactly to upgrade in their professional career.

As the name suggests it is 'YOUR OWN INSTITUTE'. We are committed 100% Customer happiness. Excellent consultation, career counselling based on TNA and world class training are our highlight.

We at YOI, offer you a wide range of Professional courses. Whichever field you are working, we have a course for your Professional Development. We provide a complete exam preparation for Professional courses like ACCA, CIMA, CMA, CPA, CIA, CFE, CAMS, IATA courses, international HR Certifications, PMP, Six Sigma, NCMA programs and many more. Besides these, we have KHDA certificate programs on Airline and travels, Accounting and finance, Engineering, IT, Languages, Logistic and Supply chain and courses related to Management. All these courses are approved globally & attracts employment opportunities from Multinational companies.

We at Your Own Institute also provides excellent coaching and training for the Corporates. We have a team of Professionals who can tailor made and customize the programs for you in a very affordable budget and we guarantee your satisfaction as an end result. We also offer you one day and two-day workshops to upgrade the skills of your employees.

We are offering both Online and on-site classes. We are open to conduct the classes at our premises, your company premises, Hotels or any venue according to your convenience. We guarantee on quality and satisfaction on every situation.

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