

How to Manage Stress

Online Short Course

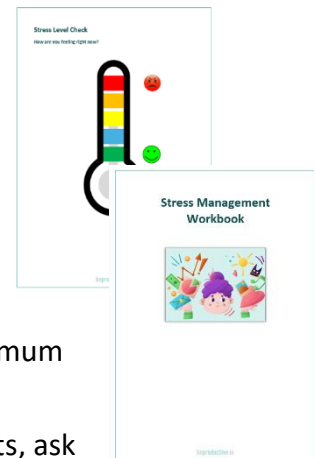
In today's busy work environment, it is hard to stay on track and get the important things done each day. This often leads to stress and overwhelm. Life outside work is busy too for most people and it can be hard to juggle everything and achieve work life balance.

The purpose of this training is to provide practical tips to help people manage stress so they can deal with challenges and feel more in control both inside and outside work.

Topics

The following topics are covered:

1. Understanding your Stress Triggers and Signals
2. How to Take Control during Stressful Situations
3. Tips for Achieving Work Life Balance



Duration and Format

This short training session is delivered online over 2-hours. The maximum number of participants is capped at 8 people.

This small group size allows each person to discuss their requirements, ask questions and work through some exercises.

On registration, each person receives the Stress Management Workbook and a link to the Pre-Training Form to send questions and requirements in advance. Afterwards, each person receives a copy of the Stress Management Reference Guide.

Fee

€250 per person

No VAT applicable

Full payment required on booking to reserve a space

Presenter

This training session is delivered by Productivity & Wellbeing Consultant Moira Dunne, co-founder of beproductive.ie.

You can read about Moira's 30-year corporate career here:

<https://beproductive.ie/about/>



Terms and Conditions

- No refund available but participants can use the full fee paid to book onto another date.
- Q1 2025 schedule - Jan 21st, Feb 20th, Mar 28th 10:30am – 12:30pm
- This course runs every month, contact Moira for further dates and details.