



International Training
Center Paris

TRAINING SCHEDULE

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MANAGING STRESS AND RESILIENCE

Overview:

The Managing Stress and Resilience training is designed to equip leaders and managers with practical tools and techniques to effectively manage stress and build resilience in themselves and their teams. Through a combination of interactive lectures, experiential exercises, and group discussions, participants will learn to identify sources of stress, build coping strategies, and foster a positive and resilient workplace culture.

Training Objectives:

- Understand the nature and impact of stress on individuals and teams
- Identify personal and organizational sources of stress
- Develop practical tools and techniques to manage stress and build resilience
- Create a positive and resilient workplace culture
- Foster a supportive and collaborative team environment
- Enhance leadership skills for managing stress and building resilience

The Managing Stress and Resilience training program is designed to equip participants with the necessary knowledge, skills, and tools to manage stress and build resilience in the workplace. By the end of the program, participants will have a better understanding of the causes and effects of stress, as well as techniques to manage stress and build resilience. They will be able to apply these skills in their daily work lives, leading to improved productivity, morale, and overall well-being.

Targeted Groups:

- Managers aiming to reduce stress among teams
- Leaders interested in building resilience
- Professionals navigating high-pressure environments
- Individuals seeking stress management techniques
- Individuals focused on promoting well-being at work

Planning:

Day 1: Understanding Stress and Resilience

- Definition and impact of stress
- Sources of stress in the workplace
- The importance of resilience
- Building personal resilience

Day 2: Managing Stress at Work

- Stress management techniques
- Time management strategies
- Building resilience in the workplace
- Mindfulness practices for stress reduction

Day 3: Resilience in Teams

- Creating a positive work environment
- Building resilience in teams
- Communication strategies for managing stress
- Supportive team culture

Day 4: Leadership and Resilience

- Leadership and stress management
- Fostering a resilient workplace culture
- Empowering and supporting team members
- Motivating teams in times of stress

Day 5: Applying Resilience Skills

- Developing a personal resilience plan
- Applying resilience skills to workplace challenges
- Action planning for continued resilience building
- Reflection and feedback