

Resilience and Stress Control at Work

Duration: 5 Days

Language: en

Course Code: IND5 - 178

Objective

At the end of this training, participants will be able to:

- Recognize the emotional and physical impact of stress.
- Assess their personal stress levels and triggers.
- Practice immediate and long-term stress management techniques.
- Create a healthier mindset and reduce negative thought patterns.
- Encourage team-wide mental health awareness.
- Implement daily habits that promote resilience.

Audience

This course is ideal for:

- Staff and team members at all levels.
- HR and employee wellness teams.
- Supervisors and mid-level managers.
- Leaders aiming to support staff mental health.
- High-stress industry professionals (e.g., healthcare, customer service).
- Remote or hybrid employees experiencing burnout.

Training Methodology

Participants will learn through guided instructor-led sessions, storytelling based on real workplace scenarios, short mindfulness and breathing exercises, group reflections, and case-based discussions. The course also includes personal stress audits, interactive polls, and helpful templates to implement strategies immediately in daily work life.

Summary

In today’s fast-paced work culture, stress is inevitable—but it can be managed. This training introduces proven techniques to reduce stress, improve focus, and build emotional resilience in any work setting. By understanding how stress works and what we can do to manage it, employees can create a more sustainable and balanced professional life.

This course is designed to help professionals not only cope with stress but also thrive under pressure. Participants will discover practical frameworks, mental wellness practices, and team support methods that make the workplace a healthier place for everyone.

Course Content & Outline

Section 1: Stress Awareness in the Workplace

- What is stress and how it builds up.
- Recognizing physical, emotional, and behavioral symptoms.
- Major sources of stress in modern work environments.
- Identifying your personal stress profile.

Section 2: The Psychology of Workplace Pressure

- Understanding the stress-performance curve.
- How emotions influence decisions and conflict.
- Anxiety, burnout, and panic: When to seek help.
- Cognitive biases and workplace stress.

Section 3: Fast-Acting Stress Relief Techniques

- Deep breathing and grounding techniques.
- Quick stretches and mental breaks.
- The power of short walks and fresh air.
- Music, scent, and light: The sensory approach.

Section 4: Long-Term Stress Management Strategies

- Journaling and gratitude practice.
- Digital detox and managing screen time.
- Workload prioritization using simple frameworks.
- Enhancing sleep quality and focus at work.

Section 5: Resilience Training Tools

- What is resilience and how to grow it.
- Mental flexibility and emotional regulation.
- Visualization and goal-setting exercises.
- Reframing stress as a challenge.

Section 6: Team Dynamics and Mental Health

- Empathetic communication during tough times.
- Role of leadership in reducing workplace stress.
- Mental health policies and open-door culture.
- Spotting signs of stress in your team.

Section 7: From Knowledge to Action

- Writing a personal stress action plan.
- Daily self-check habits.
- Seeking professional support and available resources.
- Commitment to a healthier work-life approach.

Certificate Description

Upon successful completion of this training course, delegates will be awarded a Holistique Training Certificate of Completion. For those who attend and complete the online training course, a Holistique Training e-Certificate will be provided.

Holistique Training Certificates are accredited by The CPD Certification Service (CPD), and are certified under ISO 9001 and ISO 29993 standards.

CPD credits for this course are granted by our Certificates and will be reflected on the Holistique Training Certificate of Completion. In accordance with the standards of The CPD Certification Service, one CPD credit is awarded per hour of course attendance. A maximum of 50 CPD credits can be claimed for any single course we currently offer.

Categories

Health, Safety & Environment HSE, Healthcare & Pharmaceutical, Human Resources Management (HRM), Management & Leadership

Tags

Stress Management, stress control, Stress Awareness in the Workplace, The Psychology of Workplace Pressure

Related Articles



Managing Stress in the Workplace: Causes, Symptoms, and Prevention

Workplace stress is a significant issue affecting employees' mental and physical well-being. This blog post examines the causes and symptoms of work-related stress, explores the concepts of burnout and psychological distress, and offers practical strategies for both managers and employees to prevent and address these challenges effectively.