Macrosoft

Vzdelávanie s trvalým efektom

DOCUMENT

Course syllabus

CATEGORY

Management courses

TRAINING FORMAT

In Bratislava or online with a lecturer

PRICE EXCL. VAT

221,76 €

PRICE INCL. VAT

272,76 €

including 23 % VAT

Macrosoft školiace centrum
Aktuálne informácie na Macrosoft.sk

PDF SYLLABUS

Stress Management and Building Resilience

Clear overview of course topics, training scope and key information.

Stress is inevitable, burnout is not. This dynamic workshop will guide you on the path from overload to internal stability and meaningful performance. We will clearly explain what happens in the body and mind under pressure and turn theory into practice. This course is intended for professionals exposed to high pressure and rapid changes, for managers and leaders who want to manage load and support a team, for everyone who works with people, for anyone who wants to strengthen resilience, prevent burnout and have more calm even in times of uncertainty.

Notice:

The training program in no case replaces necessary therapy or treatment for serious psychological problems of an individual.

COURSE CONTENT

01 **Resilience and Stress Management:**

Psychological and mental resilience, inner strength that enables us to manage changes, life challenges, goals, failures and come out of these situations strengthened.

02 **Four Pillars of Resilience**

03 **"Psychological Immune System"**

04 **Performance and Stress**

- What stress is: positives/negatives

05 **Burnout and Its Stages**

Macrosoft

Vzdelávanie s trvalým efektom

06 **Stress Triggers at the Workplace**

07 **Building Personal Resilience**

08 **First Aid in Stressful Situations**

09 **How to Understand and Work with Anxiety and Fear**

Anxiety and fear (difference)
When I can manage on my own, when to seek professional help
Why we tend toward negativity
Why we are afraid not to be afraid

10 **How to Reduce Threats**

(real and unreal), strengthen my real resources that allow me to face threats

11 **How to Face Challenges Dealing with Changes**

- helping oneself and others in managing changes

12 **How to Make Decisions in Times of Uncertainty**

13 **Coping Strategies for Managing Changes**

This document serves as an informational overview of the course syllabus. Current dates, venue and availability are listed at Macrosoft.sk.
https://www.macrosoft.sk/en/courses/stress-management-and-building-resilience