

Coping Techniques

This seminar has been designed to provide for those who are seeking to develop their personal resilience.

Programme Objectives

By the end of this programme delegates will be able to:

1. Define what stress is, and the difference between pressure and stress
2. Identify potential causes of stress
3. Understand the physiological and physical symptoms of stress
4. Develop and use time management and assertiveness techniques to improve coping mechanisms
5. Improve personal resilience.

Further Information

The session blends theory and practical ideas to minimise the impact of stress and to develop coping strategies.

Duration: Two hours