



# Stress and Resiliency Training: Addressing Workplace Stress to Develop Resiliency

**Some stress at work is normal and to be expected.** However, when it leads to decreased productivity, disengagement, poor quality work and it negatively impacts physical and emotional health, it needs to be addressed. In this highly interactive workshop, participants will identify what is driving their own stress and develop strategies and techniques to effectively manage the negative aspects of their stress. They will also learn how to develop resiliency and what role this can play in managing their stress.

## *What is Stress and why it is important:*

- Defining stress
- Examples of positive and negative stress
- Research on workplace stress

## *Potential Sources of Workplace Stress:*

- Demands
- Effort/Balance
- Control
- Organizational Change
- Manager/Supervisor
- Social Support
- Job Security

## *Stress Quotient® Report:*

- Interpreting Stress Factor Scores
- Recognizing Stress Symptoms
- Analyzing Stress Effects
- Personal Reflection

## *Stress Management Techniques:*

- Explore various strategies and techniques
- What role does resiliency play?
- How to grow resiliency
- Best practice sharing
- Develop Personal Toolkit

## *Who Should Attend:*

- Leaders wanting to understand and address their organization's workplace stressors
- Individuals wanting to identify the sources of their own negative workplace stress
- Anyone wanting to explore strategies and techniques to manage workplace stress and increase personal resiliency

## *What You Will Learn:*

- Seven factors impacting job stress
- Four types of stress symptoms
- Analysis of positive and negative stress
- What is resiliency and why it is important
- Strategies and techniques to reduce negative workplace stress and increase resiliency

