

# Stress Management – Positive Approaches to Stress

## Content and goals

Stress is an integral part of our (working) lives and hard to avoid. The art is to find the right way to deal with it, so that it does not have a negative effect on our performance and health. Everybody can learn how to unfold the positive effect stress can have.

One of the core competencies in every professional field today is to be able to manage stress in a competent way and to address it economically using our own strengths. This competency can be specifically promoted.

In this program, you will learn:

## Topics

- What is stress, and why it is not fundamentally negative, but rather a prerequisite for performance, well-being and survival.
- The negative aspects of the stress phenomenon and how to prevent them.
- How to maintain and strengthen your own stress resistance against everything from the small but constant obstacles of everyday life to high-intensity phases of stress.
- How to be aware when stress becomes a threat to your health and quality of life, and which paths lead out of chronic stress traps.

## Trainer

Our trainers are specialists in occupational health management or psychologists with many years of professional experience as occupational and organizational psychologists.

## Duration

Lunch Session	1 h: Theory
Workshop	2 h: Theory and practice
Training	4 h: Theory, practice and experience

## Target audience

Executives/management, employees, trainees