

Workshop information

Introduction

In our daily lives we are all subjected to different kinds of stress: mechanical stress from accidents, chemical stress from air pollutants and mental stress from continuous emotional strain.

Recent findings suggest that serious consideration should be given to the prevention, mastering and management of personal and work stress. Mastering stress is of the utmost importance if we are to maintain our health and wellbeing and restore a sense of serenity and peace, whilst continuing with our creative and productive lifestyles.

Unit standards

The content of this workshop is based on unit standard 244589 *Identify causes of stress and indicate techniques to manage it in the workplace.*

Workshop content

During this workshop, the topics covered include:

- What is stress?
- The effects of stress
- Risk factors
- Sources of stress
- Burnout
- Stress management in the workplace

TIDASA is...

- A training company committed to enabling and empowering individual learners to make positive contributions to their organisations
- A provider of both customised and generic training
- Dedicated to excellence in training and instructional design
- Provisionally accredited by Umalusi, Council for Quality Assurance in General and Further Education and Training (Provisional accreditation number: FET 00474 PA)

For more information or to book your place contact Helga van Wyk on 012 682 8500 or email info@tidasa.co.za.