

# HANDLING WORKPLACE PRESSURE

HOW TO IDENTIFY AND MANAGE STRESS FOR GREATER PERSONAL PERFORMANCE AND HAPPINESS

Stress can affect all aspects of your life, including your emotions, behaviours, thinking ability, and physical health. Our whole body gets involved based on physiology that goes back to the days of the cave dwellers.

Often our response can be un-proportionate to the situation because there are very few options for the body to access. Because people handle stress differently, the symptoms of stress can vary.

Stress in the workplace is even more prevalent because of increased workloads, the pressure of higher expectations due to advances in technology, pressure of deadlines and an inability to manage time and prioritise tasks and goals. It is possible to do something about workplace pressure by applying proven stress management methodologies and disciplines.

TACK 



1 Day Interactive Course

This course can be attended by anyone in the organisation and will be of particular interest to team leaders and managers

For more information, visit [www.tacktmimalaysia.com](http://www.tacktmimalaysia.com) or call us on +603 - 62034410

## THIS COURSE WILL ENABLE YOU TO:

- Recognise whether the stress response is appropriate for the situation being experienced
- Identify priorities and allocating time to them to reduce the impact of stress
- Focus energies and what can be done to reduce the stress caused by the pressures
- Reflect and work on individual and corporate responsibility for identifying and dealing with the issues that can cause stress in the workplace
- Identify personal stressors and actions to take
- ... and many more!



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