

## HR: Stress Management Principles

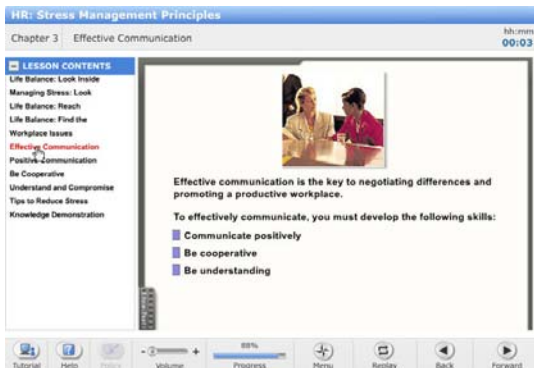
In today's world stress management is a must. This course assists in developing the skills necessary to recognize, control, and relieve stress in everyday life. This includes teaching how to recognize signs of stress, defining its effects, showing how to control and relieve stress, as well as demonstrating ways of resolving conflict. This is an overview of techniques to manage and deal with everyday stressful situations in and out of the workplace.



### **Objectives:**

- Define the effects of stress
- Recognize the warning signs of stress
- Distinguish between the different types of stress
- Recognize means for controlling and relieving stress
- Specify ways to maintain life balance
- Specify ways to resolve conflict

**Audience:** All employees and employers



**Primary Regulations:** None

**Related Regulations:** None

**Duration:** 45-60 minutes



NEW YORK, NEW YORK  
646/415-8002

DENVER, COLORADO  
303/325-5889

LOS ANGELES, CALIFORNIA  
213/291-3072

[WWW.GLOBALCOLLABORATIONPARTNERS.COM](http://WWW.GLOBALCOLLABORATIONPARTNERS.COM)

CONTACT US AT [INFO@GCPWORLD.COM](mailto:INFO@GCPWORLD.COM)

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