

## Course Objectives & Outline

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### Stress Management

Employee engagement is a critical issue in the workplace today. In fact, statistics show that 70% of the workforce is not engaged. One of the things prohibiting individuals from being passionate and productive, or engaged at work, is stress and burnout.

Horizon Point's Stress Management Training is focused on helping individuals apply behavioral-based strategies to manage stress. It goes beyond focusing on healthy physical habits and applies problem-solving, time management and relationship skills to reduce stress. Also different than most stress management trainings, our program focuses on helping understand that not all stress is bad and that employees need to seek out challenging and engaging work that fosters productivity.

#### **Course Objectives:**

Following the completion of this course, participants will be able to:

- Understand what stress is and the common causes of personal and professional stress.
- Understand that not all stress is bad; understand and apply living and working at the border of boredom and anxiety to increase satisfaction and productivity.
- Apply mechanisms for managing stress through problem solving, relationships, time management and healthy lifestyle techniques.
- Create an action plan for managing personal and professional stress.
- Identify an accountability partner for your stress management plan.

The course follows an interactive format that caters to various learning styles. In addition, behavioral-based application and action planning is a part of every course Horizon Point facilitates.