



Thriving Under Pressure: Stress Management

Course Overview

In today's fast-paced financial industry, stress management has become a critical skill for maintaining productivity, fostering employee well-being, and ensuring organizational success. This 3-hour interactive training program is designed to equip participants with the tools and techniques to identify, understand, and effectively manage stress in the workplace. The training integrates principles of Neuro-Linguistic Programming (NLP) and Emotional Intelligence (EI) to provide a holistic approach to stress management, fostering both personal and interpersonal growth.

Learning Objectives

The primary objectives of this training program are to:

1. Define stress management and its physical, mental, and emotional dimensions.
2. Enhance understanding of work-related stress and its causes.
3. Highlight the effects of stress at both individual and organizational levels.
4. Encourage self-awareness and promote personal responsibility in managing stress.
5. Provide actionable strategies to identify and address workplace stressors.
6. Offer effective techniques to manage work-related stress, incorporating NLP and EI principles.

Training Methodology

To ensure the training is engaging, impactful, and retains the attention of participants, the following methodologies will be employed:

- Interactive Lectures: To introduce key concepts and definitions.
- Group Discussions: To foster peer learning and share real-world experiences.
- Case Studies: To analyze and understand stress scenarios relevant to the financial sector.
- Role-Playing Exercises: To practice stress management techniques in simulated environments.
- NLP Techniques: To reframe stress-inducing thoughts and create empowering beliefs.
- Emotional Intelligence Exercises: To enhance self-awareness, empathy, and interpersonal communication.
- Multimedia Presentations: To visually and audibly reinforce the learning points.
- Self-Assessment Tools: To help participants identify personal stressors and triggers.
- Action Planning: To ensure participants leave with a practical stress management plan.

Training Content

The training will cover the following topics in a structured manner:

Session 1: Understanding Stress Management

Definition and dimensions of stress: physical, mental, and emotional.

Differences between healthy and unhealthy stress.

Overview of work-related stress in the financial industry.



Session 2: Causes and Effects of Stress

Common causes of work-related stress: workload, deadlines, interpersonal conflicts, etc.

Effects of stress on individuals: mental health, physical health, and job performance.

Effects of stress on organizations: turnover, absenteeism, and decreased productivity.

Session 3: Taking Responsibility and Identifying Stressors

Self-awareness: Understanding our role in managing stress using EI frameworks.

Changing ourselves vs. changing the environment: finding the right balance.

Identifying workplace stressors through observation, feedback, and NLP techniques.

Session 4: Techniques to Manage Work-Related Stress

Individual Techniques:

Time management and prioritization.

Relaxation techniques: mindfulness, meditation, and breathing exercises.

Building resilience and maintaining a healthy work-life balance.

Using NLP tools such as anchoring and reframing to manage stress triggers.

Developing EI skills for better emotional regulation and communication.

Organizational Techniques:

Promoting open communication and support systems.

Redesigning workflows and managing workloads effectively.

Encouraging regular breaks and healthy workplace practices.

Materials Provided

Participants will receive:

1. Participant's handout.
2. A detailed training manual with notes.
3. Access to self-assessment tools.
4. Stress management action plan templates.
5. A list of recommended resources for continued learning.
6. NLP and EI practice worksheets.

Expected Outcomes

By the end of the training, participants will:

- Have a clear understanding of stress and its impact.
- Be equipped with tools to identify and manage stressors.
- Develop actionable plans to address work-related stress.
- Feel empowered to foster a supportive work environment.
- Enhance their EI and NLP skills for long-term stress management and interpersonal success.



Competence of the Trainer

Our trainer is an internationally certified and recognized Maxwell Leadership Coach, Speaker and Trainer with decades of experience in delivering executive education programs to different levels of the corporate world. He is a renowned communication expert with a track record of training professionals in various environments.

As a certified NLP Meta Coach and Emotional Intelligence coach, our trainer brings advanced and novel techniques that address the root causes of stress and empower participants to develop resilience, emotional agility, and effective communication skills. The sessions are engaging, practical, and designed to bring lasting results. He has worked with numerous financial organizations, equipping their teams to thrive under pressure while maintaining peak performance.