

HUMAN SKILLS COURSE OVERVIEW

Course Category:
Personal Mastery

Course Name:
Resilience and Stress
Management: *From
Pressure to
Performance*



COURSE DURATION: 1 Day

Gauteng

3rd Floor, 34 Whiteley Road,
Melrose Arch
Johannesburg
2196

Gauteng

192 on Bram
192 Bram Fischer Drive
Ferndale, Randburg
Johannesburg
2160

Cape Town

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8000

Durban

9 Mountview Close
Broadlands
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4302

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COURSE OVERVIEW

In today's fast-paced world, employees often find themselves struggling to balance the demands of work and personal life. Added to this, the complexities of the political and economic environment can further escalate stress levels. Our Resilience and stress management course directly contributes to enhancing work performance and personal well-being, equipping individuals to thrive in challenging environments.

DELIVERY METHOD

Our courses have flexible delivery options:

- In-person classroom training at the Impactful training facilities
- Virtual instructor-led training
- Nationally on-site at the client

COURSE OBJECTIVES

This practical **one-day programme** is designed to provide participants with the skills, tools and resources to turn challenges into opportunities for growth and success. Dealing effectively with stress and adversity has a direct impact on work performance and personal well-being.

COURSE OUTLINE

Module 1: Introduction to resilience and stress management

- Understanding stress: Definitions and concepts
- The biology of stress: How it affects the body and mind
- Introduction to resilience: Turning challenges into opportunities
- Case Studies: Real-world examples of resilience and stress management

Module 2: Stress management techniques

- Identifying stress triggers and responses
- Time management and organizational skills to reduce stress
- Relaxation techniques: Mindfulness, meditation, and deep breathing
- Physical wellness: Exercise, diet, and sleep

Module 3: From pressure to performance

- Turn stress into a positive driver
- Performance under pressure: Techniques and strategies
- Set realistic goals and expectations
- Balance work, life, and stress

Module 4: The psychology of resilience

- Psychological traits of resilient individuals
- Mindset and attitudes: Growth vs. fixed mindset
- Emotional intelligence and its role in resilience
- Cognitive behavioural techniques for building resilience

Module 5: Building resilience in the workplace

- Create a resilient workplace culture
- Stress management policies and practices
- Support colleagues and employees in high-stress environments
- Case Studies: Organisations that reflect resilience

Module 6: Overcome adversity

- Strategies to overcome setbacks and failures
- Build a personal support network
- Resilience in times of change and uncertainty
- Personal development plans: Setting and achieving resilience goals