

Managing Pressure and Maintaining Balance

Course outline

Provided by: Performance Management Consultants – PMC Training



Reference no. 197-27

Duration 1.00 day(s) | 6:00 hours ¹

Website link <https://pmctraining.com/training/managing-pressure-and-maintaining-balance/>

Create a Personalized Toolkit for Coping and Resilience

When things are extremely busy at work and you have your hands full with many tasks and dealing with difficult people, having skills you can draw on are essential for peace of mind and growth.

This one-day course will help participants understand the causes and costs of workplace pressure, the benefits of creating balance, and how to identify pressure points. They will also learn how to apply emotional intelligence, increase optimism and resilience, and develop strategies for getting ahead.

Learning outcomes

At the end of this workshop, you will be able to:

- Apply a direct understanding of pressure points and their costs and payoffs
- Speak in terms related to emotional intelligence, optimism, and resilience
- Create a personalized toolkit for managing stressors and anger
- Work on priorities and achieve defined goals

Workshop topics

Under Pressure!

To begin the course, participants will explore the causes and costs of workplace pressure as well as the benefits of creating balance. Participants will also learn what their pre-assignment score means.

Getting to the Heart of the Matter

Next, participants will learn how to identify their pressure points and create an action plan to manage them. They will also learn some tips for facing problems and when to seek help.

¹ The course hours reflect teaching time that often correlate with continuing education credits (CEC) or professional development units (PDU). Please check with your profession's governing body, as there is no universal approach.

Emotional Intelligence

In this session, participants will learn about the seven human emotions and Plutchik's wheel of emotions. They will also learn how to validate emotions in others, build optimism, and develop resilience.

Coping Toolkit

This session will give participants some ways to manage stress, cope with anger, and express themselves assertively.

Getting Organized

To wrap things up, participants will learn some ways to get organized and reduce pressure.

Workshop Wrap-Up

At the end of the course, students will have an opportunity to ask questions and fill out an action plan.

Prerequisites

There are no prerequisites for this course.

Who should attend this course?

Anyone who is feeling the pressure of juggling multiple priorities, obligations and workload and wants to develop a toolkit for coping and strategies for getting ahead.