

Managing Pressure and Maintaining Balance

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 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.

What Will Students Learn?

- ✓ 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

What Topics are Covered?

- ✓ Under pressure!
- ✓ Getting to the heart of the matter (including identifying pressure points and creating an action plan)
- ✓ Emotional intelligence
- ✓ Coping toolkit (including anger and stress management)
- ✓ Getting organized

What's Included?

- ✓ Instruction by an expert facilitator
- ✓ Small, interactive classes
- ✓ Specialized manual and course materials
- ✓ certificate of completion

Pre-Registration Information

Yes! I would like to attend **Managing Pressure and Maintaining Balance!**

Sign me up for the following session:

- 310 Oak Avenue, NBS Building 3rd floor Randburg.
- Accreditation : SETA : 12255
Bankseta : Bank-Corne180502

- All Training are from 9:00 a.m. until 3:30 p.m.
- Cost: Per person. Kindly contact the call centre
- Timeframe : 1-2 days



www.cornerstonehr.co.za

Address: 310 Oak Avenue, NBS Building 3rd Floor Randburg. Tel: 011 038 6367/ 011 038 6630
www.cornerstonehr.co.za Email: stephane@cornerstonehr.co.za

Banking Details

Account Name : Cornerstone Supreme
Account Number : 62653109283
Bank : FNB
Branch Code : 620