

Manage and Banish Stress: Stay Healthy While Working from Home (Online)

Introduction

Many of us experience stress in life, whether this is in the short term from one-off projects, or long-term stress from a high-pressure career.

There are numerous causes of stress in our lives; many of which unfortunately cannot be avoided especially during this Covid-19 crisis where you are either working in essential services (and is overworked) or you are required to work from home (where you need to judge all other family matters on top of work).

Not only can this be profoundly unpleasant, it can seriously affect our health and our work. However, it is possible to manage stress, if you use the right tools and techniques.

The goal of this program is to learn to reduce the amount of stress in your life while at the same time increasing your ability to manage it when those unavoidable situations occur.

Learn techniques to manage your stress including how to implement specific relaxation techniques, identifying and avoiding stressful situations, coping with setbacks, accepting and coping with stress in certain situations and altering circumstances to minimise the effect stress has on you. Effective stress management will lead to better health and greater productivity.

Course Objective

At the end of the course, learners will be able to:

- Learn how you can manage stress positively at work/home in order to improve performance
- Appreciate the impact of pressure and the cumulative effect of life-changing events
- Ability to recognize the early warning signs of stress and ways to combat an escalation
- Learn how to use a stress log to identify stressors & create a plan to reduce or eliminate them

Target Audience

This workshop is suitable for anyone wanting to improve their personal effectiveness; enhance personal health and happiness by applying simple stress management strategies while working from home.

Online Learning Requirements

1. A laptop or PC at home
2. Good internet connection
3. Working video camera and microphone
4. ZOOM account. Grab yours at <https://zoom.us/>

Dates (2020) : Please call us for more information
Duration : 9am to 11am (2 hours)
Course Venue : Virtual via ZOOM

Register online at SNEF website www.snef.org.sg
Click on 'Training' and Course Category 'Digital Learning'

Fees	Full Fees (inclusive 7% GST):
Type	
All	\$160.50

Course Outline

Effective Stress Management

- Understanding Stress
- Effects of stress and the impact on your life
- Stress & the different personalities
- Creating a stress-reducing lifestyle
- Using routines to reduce stress
- Mental and physical relaxation techniques
- Stress management action plan

Methodology

This is an interactive workshop and the learning methods will include:

- Mini-lectures and self-assessment tools
- Online exercises and games
- Group activities and discussions
- Q&A sessions

Trainer

Swing Goh has nearly 10 years of experience in hands-on engineering, Quality Management, Project Management and Customer Service in multinational corporations as well as multi industrial sectors.

Swing's passion for sharing propelled her to leave her engineering comfort zone for the education industry where she is able to actively engage with clients from students, rank & file workers, job seekers, PMETs and management personnel. Through training sessions designed to incorporate workplace/life application and fun-learning, she is able to transform even the most technical and challenging topics into sessions that clients appreciate and enjoy.

With over 11 years of experience in training and development, Swing designs and facilitates a myriad of programs ranging from interpersonal communication, problem-solving & decision-making, leadership & teamwork, service excellence, and people & personal development skills.

Knowledgeable, energetic, inspiring, engaging, dynamic, entertaining – adjectives clients used to best describe Swing.

Enquiries:

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