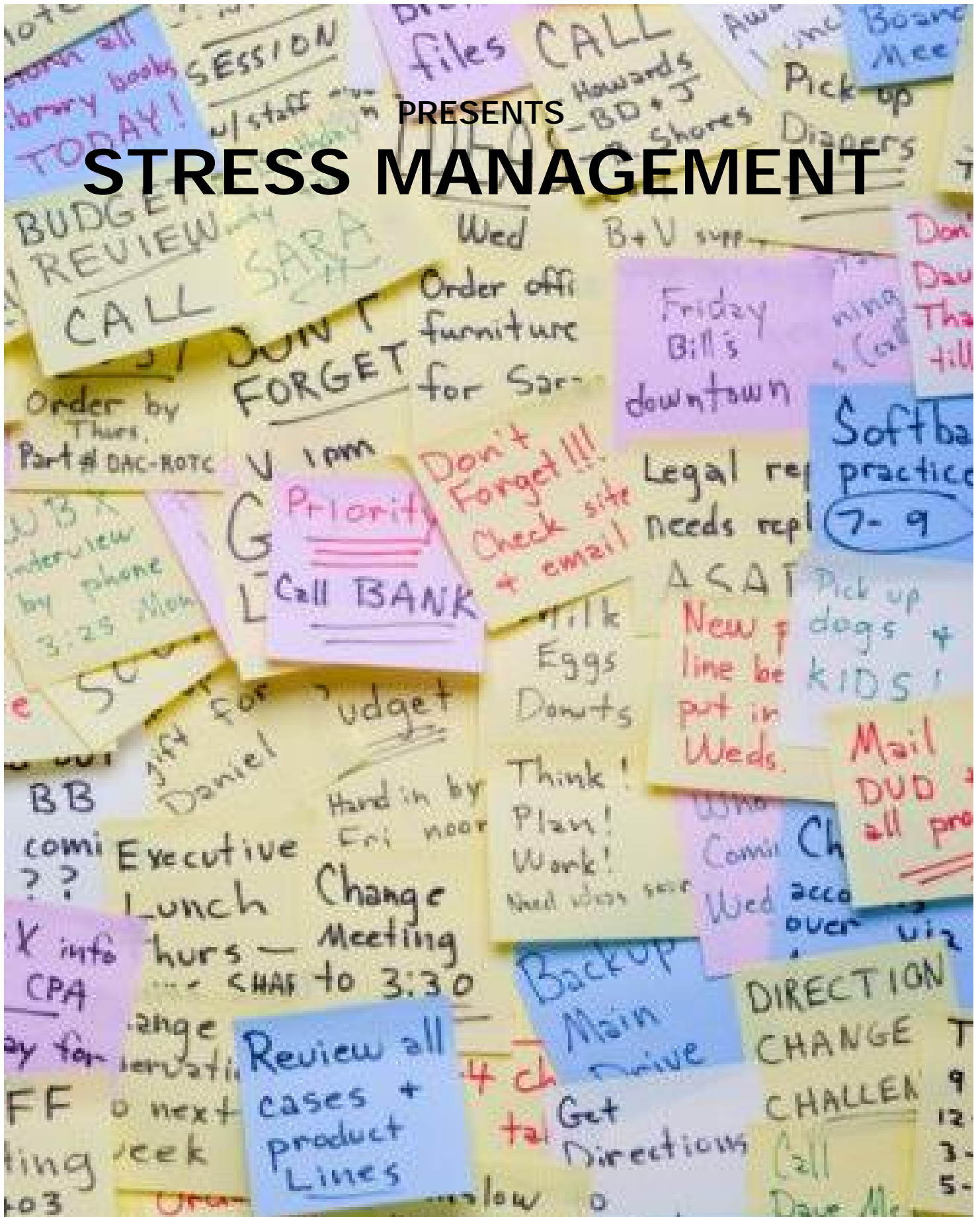


PRESENTS

STRESS MANAGEMENT





TRAINING:

STRESS – M A N A G E M E N T



What will I learn from stress-management?

- Understand that stress is a positive, unavoidable part of everybody's life
- Recognize the symptoms that tell you when you have "chronic stress overload"
- Identify those situations in your life that cause you the greatest stress
- Identify those actions which add to your stress
- Develop strategies for changing both the situations and the actions that can be changed
- Develop techniques for dealing with the situations and actions that can't be changed

What will you cover?

- What is stress?
- What are the symptoms of stress/burnout?
- What does stress cost our companies and its employees?
- Factors that impact on our ability to manage stress
- Stress-management as an organizational project
- Organizational support and communication
- Stress-management as an individual initiative
- Nutrition, Exercise, Relationships, Relaxation
- De-stress techniques you can use right now

Who is the trainer?

Drs. Shira Saraç-Essed is a psychologist with experience in the area of drug rehabilitation for adolescents and adults. She has worked for the 'Coördinatiebureau Drugsbestrijding'. She has a Masters degree in Clinical & Health Psychology from Leiden University.



Training dates:

Meeting 1: March 04th, 2010
 Meeting 2: March 11th, 2010
 Meeting 3: March 25th, 2010

Price:

Afl. 595, - * /person

Location:

To be announced

Time: 18.30-21.00

Number of participants:

To have effective participation from all participants, the training insists on a minimum of 8 participants and a maximum of 15 participants.



*Ask for our group discount