



MANAGING STRESS FOR SUPERVISORS

IN THIS COURSE, YOU WILL:

- Understand that stress is how we react to external situations
- Gain the motivation to make changes
- Enhance emotional control
- Deal with negative emotions in a healthy manner
- Gain perspective on what's important
- Work on the things that are controllable
- Assume responsibility for situations you don't like
- Accept reality

Today's supervisors are experiencing job burnout and stress in epidemic proportions. They oftentimes feel stressed out, insecure, and misunderstood. For most supervisors, the demands of the workplace, combined with the demands of home, have become too much to handle. Today's program explores the causes of such stress and suggests general and specific stress management strategies that supervisors can use every day. This workshop will teach you how to cope more easily with heavy workloads, demanding expectations, and the daily dramas that cause stress at work and at home. You will gain the tools to increase your mental toughness and decrease the likelihood of being distracted by negative emotions while under pressure.



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