



## Stress Management

<b>Course Description:</b>	Explores the change process, signs and causes of personal stress, how personal styles impact stress and provides insight on how to begin managing stress. The class provides a number of practical stress management exercises and stress busters.
<b>Duration:</b>	4 hours
<b>Audience:</b>	WorkSource employees and partner staff
<b>Objectives:</b>	Upon completion of this course participants will be able to: <ul style="list-style-type: none"><li>• Identify the signs and causes of stress and learn how to react proactively to them.</li><li>• Identify their personal style and describe how it impacts their stress.</li><li>• Apply stress busting exercises to their daily life.</li><li>• Define a plan to apply to personal stress reduction.</li></ul>
<b>Authorization:</b>	Administrators and supervisors manage employee registration, travel arrangements, and work schedules.
<b>Prerequisites:</b>	None
<b>Refreshments/Meals:</b>	On your own
<b>Special Needs:</b>	Notify us at <a href="#">ESD GP ECDD Training Academy</a> if you need an accommodation.
<b>Registration:</b>	<a href="#">E-Train</a>
<b>Class Size:</b>	20 – 30 participants
<b>Schedule:</b>	<a href="#">ECDD Training Calendar</a>  Additional classes may be scheduled upon request.