



**VERTISE
SERVICES**

Stress Management

About This Stress Management Course

Do you want some simple stress management techniques that you can use at work and at home?

Our modern lifestyle is particularly conducive to the development of stress because people can struggle with competing demands for both their time and attention. This can lead to a loss of perspective, and stress and anxiety dominating our lives.

Finding ways to **manage**, **reduce** and **relieve** stress is therefore important to keep stress at bay.

Chronic stress can lead to or exacerbate serious health conditions such as heart disease, diabetes, cancer, autoimmune syndromes, depression, anxiety disorders and more. Therefore, being able to manage and reduce stress is so important for your health.

This Stress Management Course will provide a toolkit of strategies to reduce stress both at home and work.

Learn how to deal with the stresses of modern-day life and how to feel better about you and your work.

This course is delivered in-house face-to-face just for your business.



Course Aims and Objectives

Course Aim

This course will introduce simple stress management techniques to use both at home and at work.

Course Objectives

- Discover what Stress is, including its symptoms and how it can affect you
- Identify the causes of Stress
- Use Stress Management Strategies
- Identify the causes of, and manage Stress in the Workplace
- Develop a Stress management plan, and make stress management a habit

Meet John



Our Stress Management course is delivered by John Lonergan who is a qualified stress management therapist with over 25 years managing people. John has experienced many stressful situations throughout the years and has a deep understanding of what employees and management are faced with at home and in the workplace.

John delivers interactive and engaging face to face in-house sessions.

“So to all companies I say let me help you to help your employees by delivering this course on Stress Management. There is a specific section on stress in the workplace which would I feel, particularly benefit middle managers, supervisors, team leaders – people who manage other people. If you have any questions or queries or an interest in this course, please feel free to contact me at any time, where I will be more than happy to discuss further.”

Let's Talk

If you have any questions about our Stress Management course or would like a quote, get in touch.



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