



Griffin Training

Solutions for a modern
workforce

**Stress
Management
Training
Course**



**Think
No
Further**

LoCall 1890 454 454
www.griffin.ie



Stress Management Training Course

Stress is a normal and natural phenomenon that promotes learning and action. In abnormal amounts, however, stress can have a negative impact.

Workplace stress can increased absenteeism, cause high staff turnover, increase staff tension all of which leads to diminishing productivity. An employee who can overcome strenuous demands successfully will be valuable to their organisation. The solutions and causes for stress can be varied and complex but many of the underlying causes of stress are common and easily eliminated. This course is aimed at helping participants understand and manage the causes and effects of work related stress.

Objectives:

- To understand the nature and influence of stress
- To gain an understanding of the causes of stress
- To gain the skills necessary to manage stress in the workplace

Content:

- Stress as a Natural Phenomena
- When Stress Becomes Unnatural
- Identifying Unnatural Stress
- The Symptoms and Effects of Stress
- Relieving Stress During Normal Work Activities
- Personal Stress Management
- Advanced Stress Management Technique and Strategies



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About Us

Griffin Training believes that ongoing training should be an essential part to of every modern business. One of the greatest assets an organisation has is its workforce and investing in it makes good business sense. Only through constant training and development can people be sure that they have the best human resources and skills available.

We focus on three primary areas:

1) *Quality*

All our trainers are educated to at least Master's Degree level. They are experienced presenters and experts in their chosen fields. They have experience in developing training courses, presenting seminars, one-on-one training, facilitation, mediation and are up-to-date with the latest research methods. We design our courses using the best research techniques, the latest information available and industry feedback. We go to great lengths to investigate the implications of our courses, and are in-line with both Irish and international training trends.

2) *Convenience & Flexibility*

- All our courses are customisable at no additional cost
- We require **No Minimum** numbers
- No pre-determined dates or times
- All course durations are flexible to suit you
- Train on-site or at one of our facilities around the country

3) *Cost effectiveness*

- We guarantee a cost effective service that is better than our competitors
- We offer Group Discounts
- We offer Non-Profit/Charity Discounts

We go to you or you can come to us.

Convenient City Centre Location

Further information:

Address: 88 Capel Street, Dublin 1.

Tel: LoCall 1890 454 454

E-mail: info@griffin.ie

E&OE



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Compare Us

Solutions for a modern workforce

Contemporary Training

- Require Minimum Numbers
- Inflexible
- Expensive
- Only Off-Site Training
- Set Course Contents & Lengths
- Set Dates and Times
- Not Directly Relevant
- Loss of Staff Productivity
- No Guarantee

Griffin Training

- No Minimum Numbers
- Flexible Options
- Guaranteed Cost-Effectiveness
- On or Off-Site Training
- You Choose Contents & Length
- You Choose Dates and Times
- Courses Are Directly Relevant To You
- Staff Can Be Trained While They Work
- We Guarantee You Will Be Satisfied



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