

COURSE BROCHURE

Stress Management & Workplace Wellbeing

Professional Training Course

Skillslab Training Provider

Skills for Tomorrow's World 



Course Description

Introduction

Stress Management & Workplace Wellbeing is a premium professional training course designed to help leaders, managers, and professionals manage workplace pressure, strengthen resilience, improve emotional balance, and create healthier, more productive work environments. In government entities, ministries, public sector organizations, and large corporations, stress management is no longer a personal concern only; it is a strategic workplace capability that directly affects employee performance, engagement, decision-making, service quality, leadership effectiveness, and organizational sustainability.

This stress management and workplace wellbeing training program provides participants with practical tools to recognize stress triggers, manage pressure, improve focus, prevent burnout, and maintain professional effectiveness in demanding environments. The course is especially valuable for executives, managers, team leaders, public sector professionals, human resources teams, and employees working under high workloads, tight deadlines, complex stakeholder expectations, and continuous organizational change.

The executive-level value of this course lies in its ability to transform wellbeing into a driver of performance. Participants will learn how to manage stress constructively, build personal resilience, support team wellbeing, communicate under pressure, and maintain productivity without compromising health or professional quality. For organizations, the course supports reduced workplace tension, improved employee morale, stronger engagement, better performance continuity, lower burnout risk, and a healthier workplace culture aligned with institutional excellence.

Course Objectives

By the end of this course, participants will be able to:

- Understand the impact of workplace stress on performance, behavior, health, and organizational effectiveness.
- Identify personal and organizational stress triggers in demanding work environments.
- Apply practical stress management techniques to improve emotional balance and professional focus.
- Strengthen resilience and adaptability during pressure, uncertainty, and change.

- Promote a positive and respectful work environment that supports employee engagement.
- Create a personal action plan for sustainable stress management and workplace wellbeing.

Course Content (5-Day Training Outline)

Day 1: Foundations of Stress Management and Workplace Wellbeing

- Understanding workplace stress as a performance, health, and organizational issue.
- The relationship between stress, productivity, engagement, and service quality.
- Common sources of stress in government, public sector, and corporate environments.
- Distinguishing between healthy pressure and harmful stress.
- Recognizing the physical, emotional, cognitive, and behavioral signs of stress.
- Understanding how stress affects decision-making, communication, and relationships.
- The role of workplace wellbeing in organizational resilience and performance.
- Practical exercises on stress awareness and personal wellbeing assessment.

Day 2: Identifying Stress Triggers and Managing Pressure

- Identifying personal stress patterns, triggers, and response habits.
- Understanding workload pressure, deadlines, interruptions, and competing priorities.
- Managing expectations from managers, teams, clients, and stakeholders.
- Recognizing the impact of uncertainty, change, and organizational complexity.
- Building awareness of emotional reactions under pressure.
- Developing healthier responses to tension, frustration, and overload.
- Using practical techniques to reduce immediate stress and regain focus.
- Workplace scenarios on pressure management and stress response.

Day 3: Resilience, Emotional Balance, and Personal Effectiveness

- Building resilience as a core professional and leadership capability.
- Strengthening emotional regulation during difficult situations.
- Maintaining composure, clarity, and confidence under pressure.
- Managing negative thinking, mental overload, and decision fatigue.
- Developing habits that support energy, focus, and sustainable performance.

Day 4: Communication, Relationships, and Team Wellbeing

- Communicating effectively during stress, conflict, and workplace pressure.
- Managing difficult conversations without increasing tension.
- Supporting colleagues and teams through empathy, listening, and respectful communication.
- Reducing workplace friction through clarity, cooperation, and emotional awareness.
- Recognizing signs of stress and disengagement in teams.
- Encouraging psychological safety and respectful workplace behavior.
- Building team habits that support wellbeing, trust, and collaboration.
- Role plays on stressful conversations, team pressure, and supportive communication.

Day 5: Sustainable Wellbeing and Workplace Implementation

- Designing a practical personal wellbeing and stress management plan.
- Integrating stress management into daily work routines and leadership practices.
- Managing workload, priorities, boundaries, and recovery more effectively.
- Supporting wellbeing during change, transformation, and high-pressure periods.
- Building a workplace culture that values performance and wellbeing together.
- Applying course tools to real workplace challenges.
- Creating individual commitments for long-term resilience and productivity.
- Final practical exercises, feedback, and workplace implementation planning.

Target Audience

This course is designed for professionals who need to manage stress, maintain productivity, and support healthier workplace performance in demanding organizational environments, including:

- Executives, directors, senior managers, and department heads.
- Government officials and public sector professionals.
- Ministry employees and administrative teams.
- Managers, supervisors, and team leaders.
- Human resources and organizational development professionals.
- Employee wellbeing and engagement professionals.
- Project managers and program managers.
- Customer service and service delivery teams.

Participants are expected to have basic professional workplace experience and a willingness to participate in discussions, self-reflection, practical exercises, wellbeing assessments, and scenario-based activities. No technical background is required. The course is suitable for experienced professionals as well as emerging leaders who want to manage stress more effectively, prevent burnout, improve resilience, and contribute to a healthier and more productive workplace.

Training Methodology

The training methodology combines executive-level instruction with practical exercises, guided reflection, workplace scenarios, and real-world application. The course is designed to help participants move beyond general wellbeing awareness and apply stress management techniques directly to daily work demands, leadership responsibilities, team dynamics, and high-pressure situations.

The methodology includes:

- Interactive lectures and facilitated discussions.
- Practical stress management exercises.
- Personal wellbeing and stress awareness assessments.
- Real-world case studies from government, public sector, and corporate environments.
- Scenario-based activities on pressure, overload, and difficult workplace situations.
- Group discussions on wellbeing, resilience, and workplace culture.
- Role plays for communication under stress and team support.
- Personal action planning for workplace implementation.

Learning Outcomes

Upon successful completion of the course, participants will be able to:

- Recognize the causes and signs of workplace stress before they affect performance.
- Manage pressure, workload, and emotional reactions with greater confidence.
- Apply practical techniques to reduce stress and restore focus during demanding situations.
- Strengthen resilience, emotional balance, and professional effectiveness.
- Prevent burnout through healthier boundaries, habits, and recovery practices.
- Communicate more effectively during stressful and high-pressure situations.
- Support team wellbeing through empathy, clarity, and respectful interaction.

Instructor Profile

The course will be delivered by an internationally certified expert with extensive practical and consulting experience. The instructor brings deep expertise in stress management, workplace wellbeing, resilience, leadership development, emotional intelligence, employee engagement, communication, and organizational effectiveness. The training approach combines global best practices with practical insights gained from working with government entities, public sector organizations, large corporations, and executive professionals.

Contact Us

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