

STRESS MANAGEMENT

Organised by ICVA/CIS Belgrade

17 May 2006, Belgrade

Course Description

Life is imminently stressful!

Understanding stress as a function of adapting to life, or rather as a threat to maintenance of the necessary living homeostasis offers addressing individual's psychological, social and biological aspects involved in a comprehensive way. Emotional, cognitive, behavioural and physiological reactions evoked by a perceived stressful situation interdependently make up specific individual stress related behaviour.

Training tends to provide awareness of personal sources of stress, self assessment of experienced stress and knowledge of coping skills in personal and professional life.

Aims and Objectives

Aim of this training is to recognize sources of stress, their contents and mechanisms evoking individualised emotional, cognitive, social and physiological reactions related to personality traits. In addition, risks of dysfunctional abusive and self destructive coping are to be identified enabling exploring alternative strategies that can be applied and further developed.

Training is suitable for individuals working under time pressure and in responsible leadership positions, namely Executive Staff, Trainers, Project Officers/Managers, Human Resources Officers, Team Leaders, and PR Officers.

By the end of the course, participants should be able to:

- Understand the concept of stress, eustress and distress.
- Learn about stressful situations and life events.
- Identify personality traits leading to good/poor stress management.
- Self-assess the level of presently experienced stress.
- Understand the complexity of bio-psychosocial reactions to stress and possible consequences of poorly managed stress.
- Learn about individual and organisational coping strategies

Methodology

This training will combine different methods of workshop interactions and practical exercises, theory background on stress, individual and professional contexts, various coping styles presented through practical examples, warm-ups and discussion. Participants are actively involved in the process, asked to share their opinion and experience with the group, and encouraged to ask questions and make suggestions for the additional explanations.

Training Design and Delivery: Nevena Čalovska Hercog, ICVA/CIS Trainer

Training Working Language: English

Training Duration: 1 day



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TRAINING TIMETABLE

09:30 - 09:45	Arrival and registration of participants
09:45 - 11:30	Introduction: <ul style="list-style-type: none">• Joining• Expectations• Stress, eustress, distress• Recognition of stress sources
11:30 – 11:45	Refreshment break
11:45 – 13:00	Self-assessment of experienced level of stress Preferred coping strategies Risks, addressing vulnerabilities
13:00 – 14:00	Lunch
14:00 – 15:30	Individual strategies (imagination, thoughts, rational and positive thinking, meditation, progressive muscular relaxation) Organisational-individual aspects of professional stress (roles, hierarchy, and social support) Strategies aimed at organisational structure, management and environmental impact
15:30 – 15:45	Refreshment break
15:45 – 16:45	Planning stress management
16:45 – 17:00	Wrap-up discussion, evaluation and closure

