

LZUBA 108 XXX WORK AND STRESS

Purpose

The course is intended for all those who are exposed to stress in their daily work. The participants will learn how to deal with stressful situations, how to handle the consequences of stress and how to preserve their vital strength.

Objectives

During the course the participants will learn:

- ...» What stress is
- ...» How stress can cause certain illnesses and endanger people's health
- ...» The most frequent illnesses caused by stress
- ...» What the stressful jobs are
- ...» If they are affected by stress
- ...» What people perceive as stressful
- ...» Psycho – terror (mobbing) at work
- ...» How to fight stress and establish the inner balance – ANTISTRESS PROGRAM

Duration

1 days

Methods

Lectures, tests, video presentation, discussion and conversation.

Required pre-knowledge:

None required.

Number of participants

Maximum of 10 participants.