

100% Effective

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Online Pressure Management Training

Quality - Support - Innovation

Being able to face high-pressure situations head-on is a great skill to have in a competitive workplace. However, while a little pressure is good for motivation, too much is bad for your health and productivity.

This Pressure Management course will help you review and address your own levels of stress and give you the tools to bring balance to your personal and professional life. Topics covered include emotional intelligence, optimism and prioritisation. You will complete the course

with a clear vision of your goals and a personalised toolkit for managing stress and dealing with anger. The course is fully optimised for all devices.

You'll have access to the course for one month and on completion, you will receive a certificate, one CPD point and benefit from our lifetime support.

100% Effective's online Pressure Management training has a high customer satisfaction rating, with an average score of 4.5 stars out of 5.



At A Glance



Fully optimised



One month's access



Unlimited, lifetime support



One CPD point

Benefits

Individuals with the tools to handle pressure are an invaluable presence in the workplace; not only are they able to prioritise in a way that makes them highly productive, but they make great leaders.

Following this Pressure Management training course you will:

- Better understand pressure and how it affects you, in and out of the workplace
- Have addressed your own levels of stress and feel more in control
- Have improved your levels of emotional intelligence, optimism and resilience
- Have a personalised toolkit for managing stressors and dealing with anger
- Know your priorities and have clear goals

Course Content

This Pressure Management training course will reveal the negative effects pressure can have on your health, well-being and career. You will gain the tools and techniques to deal with and avoid stress in all walks of life.

The course includes the following:

- Dealing with pressure and stress
- What's the cost of pressure in the workplace?
- Revealing and reflecting on your current stress levels
- Identifying the pressure points
- Taking control and influencing pressure points
- Creating an action plan to overcome pressure points
- Setting SPIRIT goals
- Emotional intelligence and Plutchik's Wheel of Emotions
- The SOLER technique to listening
- Optimism, pessimism and resilience
- Creating a toolkit for coping
- Understanding anger and learning how to manage it
- The five dimensions of anger
- How to become assertive, not angry
- Organisation skills and creating effective to-do lists
- Creating solutions and closing negotiations

Is it for me?

This course is suitable for anyone struggling to deal with pressure, whether in their personal or professional life.

While the course is designed with workplace stress in mind, the

tools, techniques and knowledge covered can be applied to all situations.

There are no prerequisites for taking this training course.



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