



an  eegis company

بروجاكس للتدريب والتطوير
Projacs Training and Development

Stress Beating and Healthy Living

08 July 2020
ONLINE COURSE

A Member of:



PROJACS ACADEMY



ProjacsAcademy.com



Introduction

This online training course will address the essentials of beating stress and promoting healthy living. It will guide participants on how to introduce some small changes in their life that will reap huge health benefits. In addition, the course will explore the harmful long-term effects of stress on our mental and physical health. It will also provide some top tips and advice on how to effectively manage stress. In addition, the course will present a model for maintaining a healthy and sustainable balance between work and personal life.

Learning Outcomes

- Introduce some small changes to live better.
- Apply the stress management techniques and practices.
- Change your habits and acquire new skills to improve yourself.
- Be aware of your stress factors and all their bad consequences.
- Set a personal development plan for personal improvement.

Who Should Attend?

The training is basically designed for all those people who are interested in beating stress and promoting healthy living. Anyone who is interested in learning stress management techniques and improve his/her lifestyle can attend this online course.

Course Outlines

- Concept of stress from biological, physical, and psychological standpoint.
- Consequences of stress on physical, psychological and mental level.
- Factors derived from stress [personal life and/or work-related issues].
- Biological and psychological symptoms and responses to stress.
- Stress management techniques and coping strategies.
- Mental and physical well-being to minimize health hazard, errors and risks.
- Top tips and advice for beating stress and promoting healthy living.

Training Method

- Live group instruction through the online platform.
- Use of real-world examples, case studies and exercises.
- Interactive participation and discussion.
- Powerpoint presentation, and online activities.
- Self-assessment tests and group think exercises.
- Mini-individual presentation and sharing feedback.