



Developing Our Emotional Intelligence

Practicing Excellent Mental Health to Handle Stress & Crisis

► Upcoming Sessions

07-11 Oct 2024	Online	\$3,950
23-27 Jun 2025	Online	\$3,950
06-10 Oct 2025	Online	\$3,950

► Training Details

Online Training Course Overview

Tailored for online delivery, this training course is meticulously crafted to equip delegates with essential skills in stress and crisis management. By attending, delegates will enhance their confidence and capability to navigate emotions and adapt to changes effectively. The course delves into techniques enabling delegates to adjust behaviors and attitudes by reframing their thoughts, empowering them with practical tools for personal and professional growth.

This online training course will feature:

- ▶ Importance of mental health
- ▶ Utilizing good stress for productivity
- ▶ Building your emotional resilience to handle discouragement
- ▶ Techniques to avoid burnout
- ▶ Growing a positive outlook to handle stress and crisis

Online Training Course Objectives

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

- ▶ Identify what is mental health and how it affects everyone.
- ▶ Analyze the causes of stress and how to utilize good stress for greater productivity
- ▶ Understand the importance of building emotional resilience and reshaping negative thoughts
- ▶ Develop their crisis handling skills
- ▶ Learn practical steps to apply gratitude in their daily lives

Designed for

The content of this online training course is especially tailored to team members and leaders of today. Participants that would like to build their self-confidence in handling stress and crisis will benefit greatly from this course. High self-confidence leads to increased job satisfaction and stronger coping skills when facing adversity.

This Anderson online training course is suitable to a wide range of professionals but will greatly benefit:

- ▶ Team members

- ▶ Individuals desiring to learn how to handle stress effectively
- ▶ Those in leadership roles that would like to learn how to have work-life balance

Learning Methods

This Anderson online training course will utilize a variety of proven adult learning techniques to ensure maximum understanding, comprehension and retention of the information presented. The facilitator will provide interactive presentation that incorporates slides, videos, group discussion and case studies to examine all aspects of the topic.

▶ Training Details

Day One: Understanding Mental Health

- ▶ What is mental health
- ▶ Describing our feelings
- ▶ Types of mental disorders
- ▶ Causes of mental illness
- ▶ Boost your mental health and wellbeing

Day Two: Understanding and Handling Stress

- ▶ Top causes of stress
- ▶ Good stress vs bad stress
- ▶ Characteristics of stress at work
- ▶ The STROOP effect
- ▶ Normal anxiety vs anxiety disorder

Day Three: Building Emotional Resilience

- ▶ What are emotions
- ▶ Differentiate between experiences, thoughts, feelings and behaviours
- ▶ Recognize how emotions affect the body
- ▶ Challenge and reshape unhelpful thoughts
- ▶ Tools to relax and take control of feelings

Day Four: Skills to Cope with Crisis

- ▶ Dealing with Burnout syndrome
- ▶ Characteristics of crisis
- ▶ Types of crisis
- ▶ Tips to getting past discouragement
- ▶ Time management for optimum productivity

Day Five: Mental Health at Work

- ▶ How to take care of mental health at work
- ▶ Steps to practice positivity
- ▶ Empowering others to handle stress and crisis at work
- ▶ Building a sense of belonging
- ▶ Applying gratitude in our lives

▶ The Certificate

Anderson Certificate of Completion will be provided to delegates who attend and complete the training course

For more information about this course, call or email us at:

Call us: +971 4 365 8363

Email: info@anderson.ae

Request for a Tailor-made training and educational experience for your organization now:

Email: inhouse@anderson.ae

Anderson
Executive Development Centre

P.O Box 74589, Dubai, United Arab Emirates

Web: www.anderson.ae

Email: info@anderson.ae

Phone: +971 4 365 8363

Fax: +971 4 360 4759

©2024. Material published by Anderson shown here is copyrighted.

All rights reserved. Any unauthorized copying, distribution, use, dissemination, downloading, storing (in any medium), transmission, reproduction or reliance in whole or any part of this course outline is prohibited and will constitute an infringement of copyright.