



**REDROCK**

International

*Believing in People*



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# STRESS MANAGEMENT

**“It’s not our experiences that form us but the ways in which we respond to them.”**

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This course aims to change the participants’ perspective towards stress and teaches them to transform stress into a useful tool.

## Overview

The perfect amount of stress is the one that generates high motivation. This course aims to guide participants to handle and maintain the right amount of stress in their lives and perceive things in different ways in order to perform better.

CAIRO • DUBAI • LONDON • DOHA • SEOUL

## HOW THIS COURSE WORKS

This course addresses the Triangle of Well-being and Resilience model, developed by Dr. Dan Siegel (2010). This model demonstrates how one's thoughts and experiences shape the physical connections between the various parts of your brain.

## WHAT YOU WILL LEARN

- What is stress
- Causes of stress
- Effects and symptoms
- Having a still mind
- Coping with stress
- Handling stressful relationships

## WHAT YOU WILL RECEIVE

IN THIS COURSE YOU WILL RECEIVE THE FOLLOWING:

- Course Workbook
- Feedback & Action Plan
- RedRock International Certificate of attendance

### The Experience:

Self Awareness  
Time Management  
Planning  
Efficiency

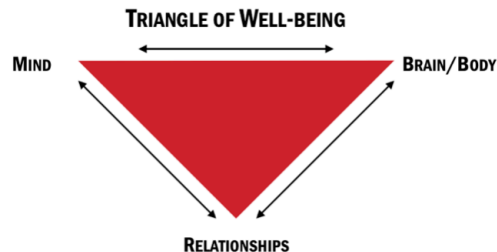


### Duration

Two days

See our website for more details

## COURSE MODEL



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