Managing Stress and Pressure in the Workplace Training

Duration: **1 Day**

BILGINÇ IT Academy
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Overview

Learn how to manage workplace stress effectively, stay focused under pressure, and build resilience for long-term professional performance and wellbeing.

The **Managing Stress and Pressure in the Workplace** course is a practical professional development program designed to help individuals manage stress more effectively while maintaining productivity and emotional resilience in demanding work environments.

In today's fast-paced workplace, stress and pressure are unavoidable. However, the way professionals respond to stress directly impacts performance, decision-making, workplace relationships, and overall wellbeing. Unmanaged stress can lead to **burnout**, reduced productivity, loss of focus, and communication challenges.

This course provides participants with actionable tools and techniques to identify workplace stressors, recognize personal stress triggers, and maintain control during high-pressure situations. Throughout the training, participants explore topics including:

- **Stress management**
- **Resilience building**
- **Focus management**
- **Burnout prevention**
- **Workload management**
- Sustainable productivity habits

Using real-world business scenarios and practical exercises, learners develop healthier work habits, improve decision-making, and strengthen their ability to perform effectively under pressure.

This course is ideal for professionals seeking to improve emotional resilience, workplace wellbeing, and sustainable performance in high-demand environments.

Prerequisites

There are no formal prerequisites for this course. However, basic workplace experience is recommended for maximum benefit.

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Who Should Attend

This course is ideal for:

- **Managers and team leaders**
- **Project managers**
- **Customer-facing professionals**
- **HR and Learning & Development professionals**
- Employees working in fast-paced environments
- Professionals experiencing high-pressure workloads
- Anyone seeking better workplace stress management skills

What You Will Learn

Participants will learn how to:

- Identify common workplace stressors
- Recognize how stress impacts performance and decision-making
- Apply practical stress management techniques
- Maintain focus during high-pressure situations
- Build professional resilience
- Manage workloads more effectively
- Prioritize tasks strategically
- Reduce the risk of burnout
- Create a personalized stress management action plan

Outline

Module 1 — Understanding Workplace Stress

- What stress is and how it appears at work
- Common workplace stressors
- The difference between pressure and stress

Module 2 — Recognizing Stress Triggers

- Identifying personal stress triggers
- Recognizing burnout warning signs
- Understanding individual responses to pressure
- Early stress detection techniques

Module 3 — Managing Stress in the Moment

- Techniques to stay calm and focused
- Breathing and grounding strategies

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- Managing high-pressure situations effectively
- Focus management techniques

Module 4 — Building Resilience

- Developing a resilient mindset
- Managing thoughts and emotional reactions
- Maintaining energy and focus over time
- Long-term resilience strategies

Module 5 — Time and Priority Management

- Managing workload effectively
- Setting healthy boundaries
- Managing expectations
- Prioritizing tasks to reduce overwhelm

Module 6 — Creating Sustainable Work Habits

- Building routines that reduce stress
- Balancing productivity and wellbeing
- Developing healthy work habits
- Burnout prevention strategies

Module 7 — Action Planning and Application

- Identifying personal stress management techniques
- Creating realistic action plans
- Defining next steps for continuous improvement
- Building sustainable workplace practices