



**TTCAA**  
Safer Skies

# STRESS MANAGEMENT AND RESILIENCE TRAINING

## Course Description:

Have you ever driven across town and don't remember how you arrived at your destination? Have you ever read a page or two of a book and have no recollection of what you just read? Do you find it hard to listen to your spouse or children because your mind is focused on the day's problems or "to do" list?

Stress is a struggle with what is. A mind that doesn't have what it wants or doesn't want what it has, experiences stress. The fast pace of life, the innumerable choices we are faced with, we spend half our days physically here but mentally elsewhere. We spend most of our time rushing through each day we miss the beauty and goodness that is already and always here.

You are neither in work-life balance nor work-life harmony in these types of scenarios – you are in distress!

This is a structured course that will help you to manage stress, decrease symptoms of stress and anxiety, and increase well-being, resilience, and self-regulation.

## Objectives:

By the end of this session, participants will be able to:

- Define Stress and its symptoms.
- Use a self-assessment to locate your Stress level and identify personality factors that contribute to Stress.
- Use a Stress Model to identify causes and consequences of Stress in individual and work life.
- Identify strategies through which you can individually manage Stress.
- Identify methods through which the organisation can help with Stress management.
- Understand the importance of personal Resilience and having a positive focus at work.
- Discuss three elements that are essential to Resilience and attributes that are common in resilient people.

## Target Audience

- All levels of staff
- Supervisors
- Managers

**Duration**– 2 Days (16 Contact Hours)

**Location**- TTCAA-CATC

**Language**- English

## **ANOTHER OPTION FOR THE INTRODUCTION**

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