



Stress Management

How do you personally deal with high workload, stress, or perhaps more importantly, how do you deal with stress within your team and or department. As a manager you "owe" to your colleagues that you help them when there is too much work pressure and stress within your team.

In this training we give insight into stress, stress types, causes and how to recognize and acknowledge them. We introduce you to possible solutions for the individual and the manager in his helping role.

In an interactive way we train you how to reduce the workload. We teach you to take a critical look at the work you or your employee(s) are doing. Where are the possibilities to reduce the workload, where is the profit to be found?

YES Human Factors Ltd does this with the help of very experienced trainers and teachers with a background in management (operational and HR), psychology, organizational development and change management. The practical experience of decades comes from different organizations, such as Siemens, Royal Air Force, KLM, Martinair, Ministry of the Interior, police etc.

YES Human Factors Ltd provides training within the market segments: Health care (hospitals), coast guard, process industry, IT, safety regions, banks and aviation.

We warmly invite you to participate in this interactive, practical and inspiring program.

**Han van der Meer and Jean-Pierre Kahlmann,
Partners YES Human Factors Ltd**

Stress Management

Stress Management is specially designed for professionals and managers who want to grow in their organization and contribute to a safe, effective and efficient working environment.

Description

The training provides insights but also handles the preservation of energy and prevention of negative stress.

Program times

09.00 Welcome with coffee
09.30 What is stress?
10.30 Individual stress types
11.00 Break
11.15 Time management / reducing workload
12.45 Lunch
13.30 Urgency / Importance / Significance
15.00 Break
15.15 How do I create more time?
16.40 Evaluation and conclusion
17.00 End

Questions and registration

For more information and to register, please contact:

- Han van der Meer, partner + 31 6 23 915 971
- Jean-Pierre Kahlmann, partner + 31 6 53 139 981

Or send an email to info@yeshumanfactors.nl

Overview

Stress Management

Duration program

1 day

Group size

3-12 persons or in consultation

Dates

In consultation

Location

YES Human Factors
Voorstraat 2
5353 KE Dieden

Or

In consultation In-company or in the vicinity of your home and/or workplace

Costs

€ 540,- excl. VAT per participant

Course material, coffee, tea and lunch are included