

Stress Management in a Law Firm

The word 'stress' is used to describe the physical and/or emotional response to the demands and pressures that modern living means we come under from time to time.

Stress can be a positive thing, which drives us on and helps us to grow, develop and be stimulated. However, when stress reaches a certain level, it can overcome your ability to cope and can impact on your physical and mental health.

This training course will help you to identify the causes and effects of stress and assist you to develop the skills required to effectively manage the stress in your life.

Course objectives:

- ✓ Understand stress and the effect it has on the body
- ✓ Learn how to use specific relaxation techniques to overcome stress
- ✓ Identify your own model for coping with stress
- ✓ Identify methods of avoiding stress where possible
- ✓ Learn how to reduce your own stress by following clear techniques