

# Training

## Learn how to deal with stress



Stress strongly impacts individuals in their private lives but also at work. As a knock-on effect, stress among employees inevitably affects a team and employee performance.

Our training « Learn how to deal with stress » will help your collaborators develop a balance in order to increase their professional efficiency while being aware of the stressful elements that impact them.

### Day 1

- The signs of stress
- How do human beings adapt?
- Self-assessment and identification of stress sources
- What stresses you and what are the remedies?
- Stress and others

### Day 2

- Limiting the physical impact of stress
- Regaining control
- How to protect yourself?
- 5 keys to manage your stress and let go

2 training days

Contact : Marie Peeters

+32 472 633 475

[www.better-insight.com](http://www.better-insight.com)



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