



## Managing Stress in the Workplace

Navigating the workplace, decision-making, managing competing priorities, dealing with difficult people - these daily workplace challenges can leave even the most resilient employees stressed out. While some employees are more prone to stress than others, everyone can benefit from training that teaches them how to successfully manage pressure and stress. Done right, it can transform a person's view of the workplace, as well as the workplace culture.

In Eagle's Flight's experiential learning program, *Managing Stress in the Workplace*, an engaging and honest discussion will be led by a skilled facilitator to understand the origins of stress and the factors that impact stress at your organization. The goal of the course is to provide your employees with practical tools, techniques, and strategies to overcome even the most stressful situations.

### THE OUTCOME

*Leaders will return to work with the ability, tools, and confidence to:*

- Understand the impact that pressure and stress have in the workplace
- Recognize stress triggers and form strategies to manage or overcome them
- Control their response to stress depending on a variety of factors
- Implement strategies to manage stress
- Encourage a positive environment at work with the help and support of team members



Left with questions? Wondering what a partnership could look like? Give us a shout!

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## THE DETAILS



1-day  
program



10 - 30  
participants



Ideal for first-time  
leaders and people  
leaders



Customization and  
delivery options  
available



Post-course  
reinforcement  
available

## THIS ISN'T YOUR ORDINARY LEARNING EXPERIENCE

An Eagle's Flight experiential learning program is unlike anything you or your participants have seen before – it's not another lecture, case study, or role-play. Through interactive, experiential-based learning your participants will not only learn new skills and knowledge, but get the chance to put that learning into action and practice them as they apply to their life on the job. We frequently use our "40, 40, 20" formula when delivering training. This translates to 40 percent of the time spent on conviction and knowledge transfer, 40 percent on practice with that knowledge, and then 20 percent on how to apply the learning back on the job. This all comes together to produce a change in behaviors that deliver expected results.

Why do we do this? We take this approach to training because by personally experiencing the results that come from applying their existing behaviors in the experiential portion of training, participants see the link between their performance in the experience and the changes they need to make to maximize performance at work. A powerful debrief reinforces the lessons learned in the experience and shows how to apply those lessons back on the job. New competencies are developed, learnings are retained, and individuals are more likely and better able to enthusiastically apply their new knowledge to improve their day-to-day performance.



***"The use of your experiences to build understanding and conviction is an Eagle's Flight trademark; and one which, in my opinion, is a true differentiator that sets you apart from all others in your field."***

Marc Caira, Vice Chair, Restaurant Brands International



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