



## SCLP08 – Stress Management & Motivation

### Description

While the problem of workplace stress is not new, awareness of managing it, and the responsibility that employers play, has gained traction in recent years. We are all familiar with stress — it's a fact of life. With the rapid pace of modern living, it feels increasingly difficult to keep up. Sadly, the negative effects of stress are widespread and growing.

Our stress response is triggered when we are faced with overwhelming demands. The demands can be large or small, but it's the importance we attach to them that decides their impact. Important pressures we feel incapable of coping with result in stress, and prolonged exposure to these reactions can have an impact on physical, emotional and mental health. High level of stress can cause demotivation and lack of engagement.

Motivation results from the interaction of both conscious and unconscious factors such as the intensity of desire or need, incentive or reward value of the goal, and expectations of the individual and of his or her peers. These factors are the reasons one has for behaving a certain way. This training will equip you with the knowledge and skills to manage high level of stress and stay motivated regardless of what is happening around you.

### Benefits of Managing Stress and Motivation

- Strong and healthy company culture
- Enhances high performance
- Enables you to lead people in tough times
- Employee retention and talent acquisition
- Less sick days and absenteeism
- It shows that you care

### Learning Objectives

Learners will gain an appreciation and understanding of the skills necessary to:

- Understanding personalities – strengths, limitations and needs
- Better control over your tasks and time
- Increase your ability to prioritise
- Improve the effectiveness of your personal planning
- A set of tools which will make your life substantially easier
- To learn how to lead yourself and others in tough times
- Motivation and Personal Mastery

### Course Materials

Materials include Manual, Handouts, Exercises and practical Toolkit

Category	PMI® Certifications PDUs						
	PMP®	PgMP®	PfMP®	PMI-PBA®	PMI-ACP®	PMI-RMP®	PMI-SP®
Technical	0	0	0	0	0	0	0
Leadership	14	14	14	14	14	14	14
Business & Strategy	0	0	0	0	0	0	0
<b>Total</b>	<b>14</b>	<b>14</b>	<b>14</b>	<b>14</b>	<b>14</b>	<b>14</b>	<b>14</b>

### Course Duration

2 days.

### Learning Time

This is a two plus one day training module. The course starts at 08:00 and finishes at 16:30.

### Training Medium

Classroom, theory and exercise based. This is a highly practical course.

### Pre-Requisite Learning

None.

pm.ideas REP Number: 2604

### Course Topics

- Different Personalities
- Lead-Yourself: Improved self-awareness, self-regulation and self-motivation
- Planning for Success
- Prioritising Effectively
- The psychology and management of stress
- Brainwaves: The High Performance Mind
- The Influence Model and Motivation
- Highly effective people

Would you like this training adapted to your needs? Contact us for a proposal.

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