

Taking Responsibility for Your Own Stress (STRESS)

COURSE NUMBER **FAA01194**

For information about this course, contact:
 FAA Program Manager
 (386) 446-7154

DESCRIPTION AND LEARNING STRATEGY

Rapid change, fewer people, increased responsibilities, limited resources, and confusion about what each of us has control over all seem to be adding to a sense of helplessness, frustration, and lack of choice. This workshop provides strategies for effectively dealing with stress. Participants will focus on making the distinction between those things over which they do and do not have control or influence.

Participants will critically examine their leadership behaviors, especially as they relate to coping during times of ambiguity. They will consider the power of choosing proactive responses, rather than just reacting to situations, and will discuss the application of principle-centered choice to the workplace.

Making these personal choices to be more effective can be difficult. Participants will be provided Stress Management information with suggested stress reduction techniques. During the session, participants will engage in facilitated dialogue, simulations, and interactive lectures to discover the value of personal choice in a professional environment and the strength to take such action.

OBJECTIVES

- Differentiate among reaction and principle-centered choice.
- Identify strategies for solving problems through principle-centered choices.
- Reduce associated job stress.

KEY COMPETENCIES

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| • Agility | • Integrity and Honesty |
| • Building Teamwork and Cooperation | • Interpersonal Relations and Influence |
| • Communication | • Problem Solving |
| • Developing Talent | |

CLASS SIZE

20 participants

LENGTH

4 hours
(Class times vary.)

LOCATION

Customer site or
 FAA Center for
 Management and
 Executive Leadership
 Palm Coast, Florida

UPCOMING DELIVERIES

This course is currently available only as a fee-for-service delivery.

WHO SHOULD ATTEND

Employees who have a need for increased self-management and reduction of job related stress

ENROLLMENT

To arrange a **fee-for-service delivery**, call (386) 446-7154.

PREREQUISITE

None

PRECOURSE

None

RELATED COURSES

Leading Organizational Change
 (FAA01200016)