Stress Management
(Pre-registration is required)

This training is designed to discuss work related stress and the impact it has on job performance and health. It will teach working professionals how to better manage and minimize the impact of stress. This training includes skills that assist people in identifying and minimizing the negative physiological, emotional, and behavioral impact of stress.

Date: Tuesday, February 12, 2008
Time: 10:00 a.m. – 12:00 Noon
Location: Perry Paige, Suite 105 North
Instructor: Melvina Paul, Training Coordinator
Organizational Development & Training

Upon completion of this workshop, employees will be able to:

✓ Manage workloads, which is vitally important for job satisfaction
✓ Describe the way you react to stress
✓ Manage techniques that will be helpful in handling stress
✓ Identify and pinpoint long-term stress in your workplace
✓ Make the best use of resources available to counteract stress

Human Resources, Organizational Development & Training Department maintains a tracking system of employee training, workshops, and support sessions to ensure that appropriate personnel is trained in all Departments.

To Register:
Please Contact Melvina Paul
Organizational Development & Training @ 412-5149.

* Employees requiring special accommodations, Please contact Equal Opportunity Programs @ 599-3076 at least five (5) working days prior to training.

For additional information regarding training, please contact the Organizational Development & Training Department @ 412-5150.