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Course Name

Managing Stress and Emotions for Workplace Performance

Sector Name

Interpersonal Skills and Self Development

Document Type

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Managing Stress and Emotions for Workplace Performance

Course Introduction

In today's fast-paced and high-pressure work environments, employees are continuously expected to deliver results, manage competing priorities, adapt to change, and maintain professional relationships. While performance targets continue to rise, emotional resilience and stress management capabilities often determine whether individuals thrive or experience burnout.

The **Managing Stress and Emotions for Workplace Performance** program, delivered by **BOOST**, is designed to enhance employees' emotional regulation, stress resilience, and psychological agility in professional settings.

This program moves beyond theoretical discussions of stress. It provides practical tools rooted in workplace realities, deadline pressure, difficult stakeholders, organizational change, conflict, and performance accountability. Participants will learn how stress impacts cognition, decision-making, communication, and teamwork, and how emotional intelligence can be strategically leveraged to maintain productivity and professional presence.

By the end of the program, participants will not only understand stress triggers but will be equipped with applied frameworks, behavioral techniques, and performance-focused coping strategies that enhance both personal well-being and organizational effectiveness.

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Target Audience

- ✓ Managers and Team Leaders
- ✓ HR Professionals and Employee Relations Specialists
- ✓ High-Potential Employees
- ✓ Project Managers and Supervisors
- ✓ Customer-Facing Professionals
- ✓ Employees working in high-pressure or performance-driven environments

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Learning Objectives

- ✓ Identify workplace stress triggers and understand their impact on performance
- ✓ Apply structured techniques to regulate emotions in high-pressure situations
- ✓ Strengthen resilience and mental agility during organizational change
- ✓ Improve communication and interpersonal effectiveness under stress
- ✓ Develop personal stress-management action plans aligned with performance goals
- ✓ Sustain long-term emotional balance to prevent burnout and performance decline

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Managing Stress and Emotions for Workplace Performance

Course Outline

✓ DAY 01

Understanding Workplace Stress & Performance Dynamics

Module 1: The Science of Workplace Stress

- ✓ Types of stress (acute, chronic, performance-related) in professional settings
- ✓ Physiological and psychological effects of stress on focus and productivity
- ✓ The connection between stress, errors, and decision quality

Module 2: Stress Triggers in Organizational Environments

- ✓ Identifying personal and organizational stressors
- ✓ Role ambiguity, workload, and conflict as stress drivers
- ✓ Self-assessment tools for stress awareness

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Course Outline

✓ Day 02

Emotional Intelligence & Self-Regulation

Module 1: Emotional Awareness in the Workplace

- ✓ Recognizing emotional patterns and triggers
- ✓ Emotional intelligence components in professional environments
- ✓ Linking emotions to behavior and workplace outcomes

Module 2: Practical Emotional Regulation Techniques

- ✓ Cognitive reframing and response control strategies
- ✓ Managing reactions during conflict or criticism
- ✓ Maintaining professionalism under pressure

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Course Outline

✓ Day 03

Resilience Building & Mental Agility

Module 1: Developing Psychological Resilience

- ✓ Growth mindset and adaptive thinking
- ✓ Turning setbacks into performance learning opportunities
- ✓ Building resilience habits in daily work routines

Module 2: Coping Strategies for High-Pressure Roles

- ✓ Prioritization and workload management techniques
- ✓ Boundary setting and energy management
- ✓ Stress recovery practices during peak performance periods

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Managing Stress and Emotions for Workplace Performance

Course Outline

✓ Day 04

Communication & Interpersonal Effectiveness Under Stress

Module 1: Managing Difficult Conversations

- ✓ Communicating assertively without emotional escalation
- ✓ Handling complaints, feedback, and workplace tension
- ✓ Emotional containment in team environments

Module 2: Team Dynamics & Emotional Climate

- ✓ How stress spreads within teams
- ✓ Creating psychologically safe environments
- ✓ Supporting colleagues experiencing stress or burnout

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Managing Stress and Emotions for Workplace Performance

Course Outline

✓ Day 05

Sustaining Performance & Preventing Burnout

Module 1: Burnout Prevention & Early Warning Indicators

- ✓ Recognizing signs of emotional exhaustion
- ✓ Differentiating stress from burnout
- ✓ Proactive intervention strategies

Module 2: Personal Stress-Performance Action Plan

- ✓ Designing an individual emotional resilience roadmap
- ✓ Integrating stress-management into performance routines
- ✓ Measuring progress and sustaining behavioral change

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Confirmed Sessions

FROM	TO	DURATION	FEES	LOCATION
April 5, 2027	April 9, 2027	5 days	4250.00 $	UAE , Dubai
June 13, 2027	June 17, 2027	5 days	4250.00 $	Bahrain , Manama
Sept. 5, 2027	Sept. 9, 2027	5 days	4250.00 $	KSA , Riyadh
Dec. 28, 2026	Jan. 1, 2027	5 days	4950.00 $	Spain , Madrid

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