



Consulting and Training | Reach New Heights

Course Name

Strategies for Stress-Free Living

Sector Name

Interpersonal Skills and Self Development

Document Type

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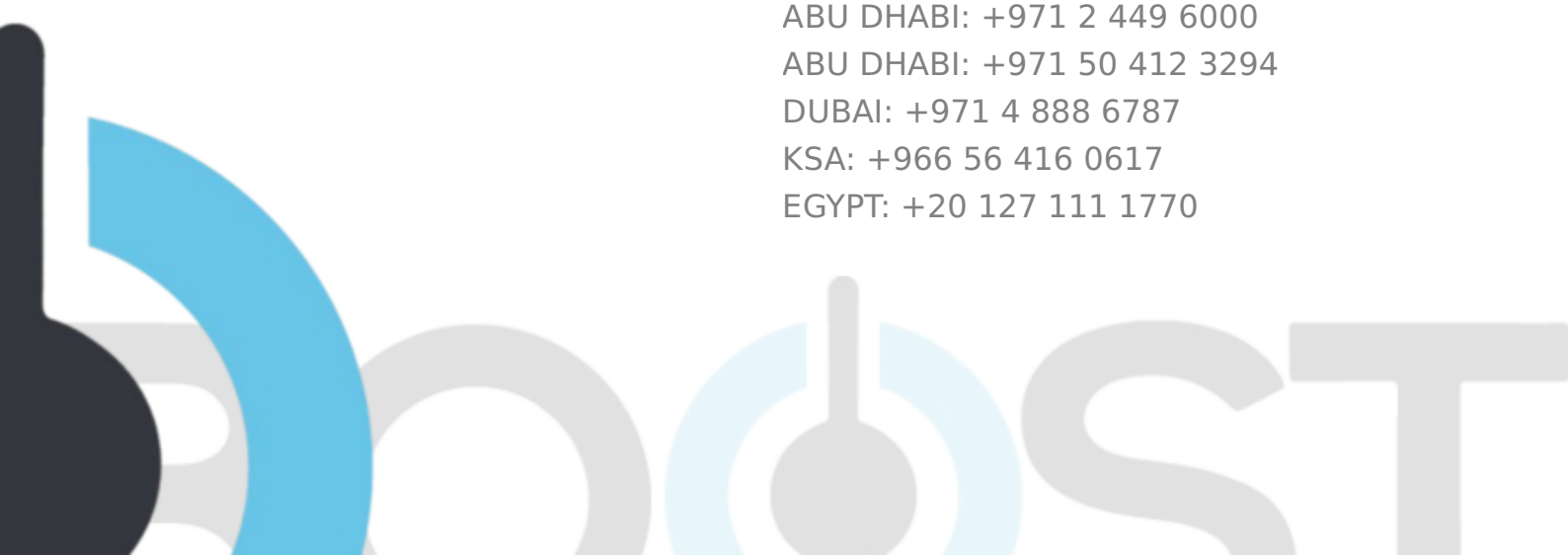
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Strategies for Stress-Free Living

Course Introduction

In today's fast-paced world, stress has become a common challenge affecting both personal well-being and professional performance. This 3-day course, offered by BOOST, is designed to equip participants with practical strategies to manage stress effectively and cultivate a balanced, fulfilling life. Through a combination of expert-led sessions, interactive exercises, and mindfulness practices, participants will learn how to identify stress triggers, develop resilience, and implement techniques for long-term stress management.

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Strategies for Stress-Free Living

Target Audience

This course is ideal for:

- ✓ Professionals seeking to manage work-related stress
- ✓ Individuals looking to improve their personal well-being
- ✓ Managers and leaders aiming to foster a stress-free work environment
- ✓ Anyone interested in learning stress management techniques

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Learning Objectives

By the end of this course, participants will:

1. Understand the causes and effects of stress on the mind and body.
2. Learn practical techniques to manage and reduce stress in daily life.
3. Develop resilience and emotional intelligence to handle challenges effectively.
4. Explore mindfulness and relaxation practices to promote mental clarity and calm.
5. Create a personalized action plan for maintaining a stress-free lifestyle.

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Course Outline

✓ **01 Day One**

Understanding Stress and Its Impact

- ✓ Welcome and introduction by BOOST
- ✓ What is stress? Types and sources of stress
- ✓ The physiological and psychological effects of stress
- ✓ Identifying personal stress triggers and patterns
- ✓ Introduction to mindfulness and self-awareness
- ✓ Group discussion: Sharing personal stress experiences

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Course Outline

✓ 02 Day Two

Techniques for Managing Stress

- ✓ Practical strategies for stress reduction (e.g., time management, prioritization)
- ✓ Breathing exercises and relaxation techniques
- ✓ The role of physical activity and nutrition in stress management
- ✓ Building emotional resilience and coping mechanisms
- ✓ Interactive workshop: Stress-relief practices and role-playing scenarios

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Course Outline

✓ **03 Day Three**

Cultivating a Stress-Free Lifestyle

- ✓ Mindfulness and meditation practices for mental clarity
- ✓ Creating a supportive environment for stress-free living
- ✓ Developing a personalized stress management action plan
- ✓ Tools for maintaining long-term balance and well-being

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Confirmed Sessions

FROM	TO	DURATION	FEES	LOCATION
Dec. 14, 2026	Dec. 16, 2026	3 days	3250.00 \$	UAE , Abu Dhabi
Sept. 13, 2027	Sept. 15, 2027	3 days	3250.00 \$	UAE , Dubai

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