

SM #02: How to Cope with Stress and Change to Fit in Future Roles

Change Adaptability and Stress Management



The specific module **How to Cope with Stress and Change to Fit in Future Roles: Change Adaptability and Stress Management** has been designed to enable trainees how they deal with change and stress when the environment requires them to fit in new roles.



Key Learning Objectives

- ✦ Understand the mechanisms of stress and reactions to change
- ✦ Analyse their natural tendencies in coping with stress and change
- ✦ Understand the different coping strategies in dealing with new and difficult situations

Key Learning Topics

- ✦ Learn how the stress mechanism works
- ✦ Understand and apply the criteria of optimism and Locus of control to the stress management
- ✦ Resources to maximize our stress management
- ✦ Understand the differentiation among short and long coping strategies
- ✦ Understand the journey when facing critical changes at work
- ✦ Personality traits that have an impact on change management

Training Module Format:



- ✦ Synchronous to stimulate communication among participants
- ✦ Asynchronous to allow the completion of the course in one's pace
- ✦ Practical case studies and game-based activities throughout the course

Training provider: Deep Blue

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