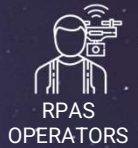


SM #04: “Managing Myself: Towards a Safe Life” Workload Management & Stress Management



The specific module **“Managing Myself: Towards a Safe Life”: Workload Management & Stress Management** has been designed to develop trainees' workload management and stress management skills.



Key Learning Objectives

- ✦ Understand workload and stress management concepts and their role to a safer work-life balance
- ✦ Understand the different strategies of workload and stress management
- ✦ Apply workload and stress management tools in daily life

Key Learning Topics

- ✦ **Workload and Stress Management: Why do I need them to be safe?** Understand the concepts of workload management and stress management
- ✦ **So much to do, and so little time: How to manage my work?** Understand and implement strategies for workload management
- ✦ **Feeling Stressed: Why, when and how to cope with it?** Understand the basic stress triggers, signs and coping strategies

Training Module Format:



- ✦ Synchronous to stimulate communication among participants
- ✦ Asynchronous to allow the completion of the course in one's pace
- ✦ Assessment activities throughout the course

Training provider: QSR

For more information about the training, please contact Marta Pinto (mpinto@qsr.consulting).

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