COURSE BROCHURE

Stress Management and Resilience for Managers

A practical course that helps managers understand where workplace pressure comes from, use proven techniques to regain balance, and build resilience in themselves and their teams.

Code	HT-MGT-123
Category	Management & Leadership
Duration	1 week
Level	Beginner

Introduction

Managers absorb pressure for results from above and expectations from their teams below. Add project deadlines, shift rotations and remote sites, and short-term pressure can become chronic exhaustion that affects decisions, safety and relationships.

Objectives

- Explain the body's stress response and tell helpful pressure from harmful stress
- Identify personal and organizational stressors in the manager's role
- Apply cognitive and physical techniques to calm tension and restore focus
- Build daily habits that support resilience and energy
- Notice signs of exhaustion in team members and respond supportively

Who should attend

- Managers and heads of department
- Supervisors and team leaders on sites and shift rotations
- Project managers working to tight deadlines
- HR and employee wellbeing officers

Skills you will develop

- Self-awareness of stress signals
- Cognitive reframing
- Energy and priority management
- Supporting a team under pressure

Learning Outcomes

- Map personal stress triggers and early warning signs
- Use the ABC model to examine and reframe a stressful thought
- Practice a short breathing and relaxation routine during the working day
- Draft a personal resilience plan and a plan to ease pressure within the team

Course Outline

Day 1: Understanding Stress at Work

- The fight-or-flight response and the role of stress hormones

- The pressure-performance curve: when stress helps and when it hurts
- Early physical, emotional and behavioral warning signs

Day 2: Sources of Pressure in the Manager's Role

- The demand-control model: workload against decision latitude
- Role ambiguity, conflicting priorities, shift work and remote sites
- Keeping a stress diary and analyzing personal triggers

Day 3: Tools for Immediate Coping

- Reframing thoughts with the ABC model: activating event, belief, consequence
- Diaphragmatic breathing, progressive muscle relaxation and short recovery breaks
- Sleep, movement, nutrition and managing energy across the day

Day 4: Building Resilience

- Components of resilience: meaning, realistic optimism and a support network
- Circles of control, influence and concern
- Setting boundaries, saying no and prioritizing with the Eisenhower matrix

Day 5: The Manager and the Team Under Pressure

- The three dimensions of burnout and how they show up in team members
- The supportive conversation and when to refer an employee to specialist help
- Applied workshop in which each participant drafts a personal resilience plan and a plan to reduce stressors in their team

Training methodology

Self-assessment questionnaire on stress levels and coping patterns
Breathing and relaxation exercises practiced in the room
Small-group analysis of stress diaries
Practical cases from project, shift-based and government work settings

Certification

Participants receive a Harbor Training Center certificate of attendance on completing the course.

Upcoming dates

City	Dates	Language	Fee
Dubai	7 – 11 December 2026	EN	EUR 4,500
Istanbul	24 – 28 May 2027	EN	EUR 4,800
Dubai	7 – 11 June 2027	AR	EUR 4,500
London	14 – 18 June 2027	EN	EUR 5,700
Amsterdam	21 – 25 June 2027	AR	EUR 5,500
Online	28 June 2027 – 2 July 2027	EN	EUR 1,800

Fees are per participant.

Contact us

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To register and for details, scan the code or visit:

https://harbor4training.com/en/courses/stress-resilience-managers