



Destress, Avoid Burnout

Why Neoskill?



Incorporated 1997

With over 25 years as a training provider, Neoskill is a reliable, stable and knowledgeable organisation for clients who require a variety of training services.



Permanent Trainers

Neoskill trainers are full-time, permanent trainers and are not employed on a contract basis. This enables us to consistently provide a high level of quality and flexibility to our clients.



Courses

We provide both Power Skills and Systems training. Our courses are focused on improving effectiveness and efficiency resulting in a more collaborative and productive work environment.



Customised Solutions

Our training solutions can be customised to meet the needs of the client. This ensures the training is more relevant and impactful for learners and in-line with organisational goals.



Clients

Our clients range from medium-sized companies to blue-chip multinational organisations in a variety of industries. They include Cisco Systems, the London School of Economics, AstraZeneca, Reuters, Santander and more.



Delivery Methods

Our global training delivery methods include face-to-face training, live online training, e-Learning packages and Video on Demand. We have dedicated trainers for each delivery method, that provide exceptional learning experiences.

Course Description

Life is full of stress. Sometimes we question why we are unable to deal with stress better. Often stress can actually be beneficial!

This stress management course touches on the science of stress, recognising stressful situations and techniques to better manage stress.

In this course we explore:

- how we recognise when we are stressed
- how we identify causes of stress
- how stress can affect our body and performance
- effective strategies to help manage our stress
- building resilience

Course Benefits

After completing this course you will be able to understand stresses in your life and manage them better, using specific strategies. You will utilise the action plan, created during the course, to implement the stress management strategies in your daily lives.

Delivery Method 1: Live Virtual

Duration: 3 hrs

Delivery Method 2: Face-to-Face

Duration: 1 day

Power Skills Courses



Time to Save Time

3 hrs online training / 1 day face-to-face training.



Rewire Your Biases

3 hrs online training / 1 day face-to-face training.



From Emotions to Empowerment

4.5 hrs online training / 1 day face-to-face training.



Story Tell To Success

3 hrs online training / 1 day face-to-face training.



The Art of Great Leadership

4 hr online training / 1 day face-to-face training.



The Power of Magic Words

1 hr online training / Half-day face-to-face training.



Communicate to Connect

3 hrs online training / 1 day face-to-face training.



Presenting With Impact (Available Soon)

3 hrs online training / 1 day face-to-face training.



Conquering Challenges and Decisive Outcomes (Available Soon)

3 hrs online training / 1 day face-to-face training.