Managing Stress and Developing Resilience in Yourself and Your Staff

Laboratory and Research

Course Overview

Managing Stress and Developing Resilience in Yourself and Your Staff: a 5-day professional training course from LTC Consultants, delivered in-classroom across...

What You Will Achieve

- Explain the core principles and current good practice in Managing Stress and Developing Resilience in Yourself and Your Staff
- Apply practical tools and techniques for Managing Stress and Developing Resilience in Yourself and Your Staff in your own organisation
- Analyse real-world scenarios and select the right approach with confidence
- Avoid the common pitfalls that undermine Managing Stress and Developing Resilience in Yourself and Your Staff in practice
- Build a personal action plan to implement what you have learned

Who Should Attend

Professionals, specialists and managers at every level who want to strengthen this capability and apply it with confidence at work.

Course Outline

1. Setting the scene: Managing Stress and Developing Resilience in Yourself and Your Staff in today's organisation
2. Key concepts and the language of Managing Stress and Developing Resilience in Yourself and Your Staff
3. Frameworks and good practice that deliver results
4. Hands-on application: workshop exercises and cases
5. Problem-solving clinic: participants' real challenges
6. Integrating Managing Stress and Developing Resilience in Yourself and Your Staff with day-to-day operations
7. Reporting, metrics and demonstrating value
8. Action planning: your first 90 days after the course

Upcoming Dates and Fees

DATES	VENUE	FEE (PER DELEGATE)
16 to 20 Nov 2026	Kampala	**$1,550**
23 to 27 Nov 2026	Johannesburg	**$1,650**

30 Nov to 4 Dec 2026	Durban	**$1,650**

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Every delegate receives a Certificate of Attendance. Group and in-house rates available on request.