

<http://www.omanair.com/en/about-us/training/our-courses/stress-management>



## Stress Management

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### Stress at Work overload

Stress and hard work can be sold as the price of success. Develop the mindset and skills you need to manage your workload.

### Problem Jobs

Re-defining tough jobs, getting the support your work deserves and taking charge of your career in today's changing workplace.

### Problem People

Powerful people, such as you boss, can support or undermine you, and working as a team can be a powerful way of getting things done. Deal with unreasonable demands, create a successful team and ensure your needs are respected.

### Your Work Environment

- The frustrations of commuting
- Badly organized work spaces
- The techniques you need to create a more positive environment

**Duration:** 2 days

**Pricing:** RO 275