

<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

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