

# Stress Management

Develop practical skills to manage stress.  
Maintain wellbeing. Sustain performance.



# WHY STRESS MANAGEMENT MATTERS

Build **resilience**, and maintain **performance under pressure**

In today's workplaces, pressure is constant. Deadlines tighten. Expectations increase. Boundaries blur.

This programme helps professionals step back, understand stress, and develop practical strategies to manage it calmly and constructively at work and in daily life.

## WHY STRESS MANAGEMENT MATTERS

In today's workplaces, pressure is no longer occasional, it is ongoing.

**Without effective stress management, many professionals experience**

- Reduced focus and productivity
- Emotional and physical fatigue
- Difficulty prioritising and managing workload
- Poor work–life balance
- Stress that becomes chronic or overwhelming

Stress Management equips participants with the tools to recognise stress early, respond effectively, and build habits that support resilience

## PROGRAMME OVERVIEW

**Stress Management helps participants**

- What stress is and how it affects the body and mind
- Common causes and symptoms of stress
- How stress shows up in the workplace
- Practical techniques to manage and reduce pressure
- How time and task management impact stress levels
- How to prevent stress from becoming chronic

### **The result**

Greater balance, improved focus, and healthier responses to pressure.

**Stress resilience** does not happen by chance.  
It is **built through practical habits**

This programme helps professionals understand stress and a practical approach to managing it effectively.

Accredited and **quality assured**



# What this programme Prepares you to do

**Stress Management** equips professionals with the understanding and practical tools needed to recognise stress, manage pressure effectively, and maintain wellbeing and performance in work.

The programme emphasises practical application, helping participants translate stress awareness into calm, constructive responses and sustainable ways of working under pressure.

## PARTICIPANTS DEVELOP THE CAPABILITY TO

- Understand what stress is and how it affects the body and mind
- Identify common causes and symptoms of stress
- Recognise workplace stress and its impact on performance
- Apply practical techniques to manage and reduce stress
- Improve work–life balance through better time and task management
- Develop healthier responses to pressure and competing demands

## OUTCOMES FOR PARTICIPANTS

- Recognise stress triggers in work and daily life
- Manage stress more effectively and calmly
- Apply practical techniques to reduce pressure
- Improve focus, productivity, and wellbeing
- Maintain healthier work–life balance
- Respond more positively to workplace demands
- Build habits that support long-term resilience

## Programme structure and **delivery options**

### Programme Duration

4 learning  
hours

### Delivery Format

Instructor-led  
(online)  
Subject Matter  
Expert

### Flexible Delivery

Adaptable for  
organisational  
requirements  
and team-based  
rollouts

### Organisation Bundles

Organisational  
packages and  
volume discounts  
available

## Instructor-led delivery

Every training unit is delivered by subject-matter experts with real-world professional and organisational experience — ensuring learning is grounded, relevant, and actionable.

# HOW LEARNING IS APPLIED

This programme is focused on application in real workplace conditions where pressure is ongoing and individuals are expected to perform consistently over time.

## PARTICIPANTS EXPLORE

- ✓ Apply stress-management tools to real workplace situations
- ✓ Reflect on current stress triggers and pressure points
- ✓ Identify practical actions
- ✓ Translate learning into habits
- ✓ Build resilience that supports performance under real organisational conditions

## ✓ THIS PROGRAMME IS DESIGNED FOR

- Early-career professionals
- New employees or role transitioners

## COURSE PREREQUISITES

No prior specialist training is required.

The course is suitable for participants at an early career stage or those transitioning into professional roles and seeking to build core workplace capabilities.

## PROGRAMME DELIVERY

- Instructor-led delivery by subject-matter experts
- Online formats

## WHAT THIS TYPE OF TRAINING DELIVERS

### Immediate Application

Apply stress-management techniques directly to real work situations

### Performance Under Pressure

Operate effectively in fast-moving, high-demand environments

### Healthier Ways of Working

Build habits that support balance, resilience and performance.

### Stronger Self-Management

Respond more calmly and constructively

## The result:

More resilient professionals. Improved wellbeing.  
And learning that supports sustained performance where it matters.

# COCREATE TO ACTIVATE™

CoCreate to Activate™ is Maximus Academy's four-step method for building skills that last—not just in the classroom, but inside real organisations operating in fast-moving, high-demand sectors across the region.

## Turning capability into national outcomes.



### ASSESS

Understand the real operating world

### What this Ensures

- Skills that match global industry demands, not generic international templates.



### DESIGN

Build training that fits the sector

- Immediate operational impact, because training is built around real sector challenges.



### DELIVER

Teach through Saudi SMEs and practitioners

- Lasting organisational capability through the adoption of performance-driven tools and behaviours.



### SUSTAIN

Embed the change inside organisations

It is the difference between training individuals and equipping an entire workforce with the capabilities to perform, adapt, and deliver at scale.



Register for the course through the QR code

**maximus academy**  
**أكاديمية ماكسيموس**

*Training that fits your world*

[Info@maximusacademy.com](mailto:Info@maximusacademy.com) | +966 9200 31313 | [maximusacademy.com](http://maximusacademy.com)