Strategic Stress Management and Workplace Resilience Training Course



02 - 06 Nov 2026

Lisbon

4500 € (Per Person)

Ref: #IS3447_163237

Course Introduction / Overview:

In today's fast-paced and demanding professional landscape, the ability to manage stress and cultivate resilience is no longer a soft skill but a critical competency for success and well-being. This course provides a comprehensive framework for understanding the psychological and physiological impacts of workplace pressure. Drawing on foundational concepts from pioneers like Richard Lazarus and his transactional model of stress, we explore how individual perception shapes our response to challenges. The curriculum moves beyond mere coping mechanisms, delving into proactive strategies for building enduring mental fortitude. Participants will engage with principles discussed in influential works such as "Flourish" by Martin Seligman, learning to apply positive psychology to foster a thriving work environment. BIG BEN Training Center has designed this program to be highly practical, equipping attendees with the tools to not only manage their own stress but also to lead and support their teams in creating a culture of psychological safety and organizational resilience. This is an essential journey from stress reactivity to strategic resilience, empowering professionals to navigate complexity with confidence and sustain high performance without succumbing to burnout.

Target Audience / This training course is suitable for:

- Managers and team leaders at all levels.
- Human Resources professionals and wellness officers.
- Project managers and operations supervisors.
- Employees seeking to enhance their personal effectiveness and well-being.
- Executives and senior leaders responsible for organizational culture.
- Customer service and sales professionals in high-pressure roles.
- Anyone looking to build resilience and manage workplace stress effectively.

Target Sectors and Industries:

- Healthcare and social assistance sectors.
- Financial services, banking, and insurance industries.
- Information technology and software development companies.
- Consulting and professional services firms.
- Government agencies and public sector organizations.
- Education and academic institutions.
- Retail and customer-facing industries.
- Manufacturing and engineering sectors.

Target Organizations Departments:

- Human Resources and Personnel Development.
- Operations and Production Management.
- Sales and Business Development.
- Customer Service and Support.
- Project Management Office (PMO).
- Information Technology (IT) and Technical Support.
- Finance and Accounting.
- Marketing and Communications.

Course Offerings:

By the end of this course, the participants will have able to:

- Identify the root causes and symptoms of workplace stress in themselves and others.
- Apply evidence-based cognitive and behavioral techniques to manage stress in real-time.
- Develop a personalized resilience action plan to navigate professional challenges.
- Cultivate emotional intelligence to improve interpersonal relationships and reduce conflict.
- Implement time management and prioritization strategies to reduce workload pressure.
- Foster a psychologically safe and supportive team environment as a leader.
- Recognize the signs of burnout and implement preventative strategies.
- Lead with empathy and resilience during periods of organizational change.
- Promote a positive and productive workplace culture focused on well-being.

Course Methodology:

This training course from BIG BEN Training Center employs a dynamic and experiential learning methodology to ensure maximum engagement and practical application. We believe that mastering stress management and resilience requires more than theoretical knowledge; it demands practice and self-reflection. The training is built around a blend of interactive presentations, facilitated group discussions, and confidential self-assessment tools that allow participants to understand their personal stress triggers and resilience levels. A significant portion of the course is dedicated to hands-on activities, including role-playing high-pressure scenarios, participating in mindfulness and relaxation exercises, and analyzing real-world case studies of organizational resilience. Collaborative teamwork is a core component, where participants work in small groups to solve problems and develop strategies for fostering a healthier workplace culture. Our expert facilitators provide continuous, constructive feedback and guide participants in creating personalized action plans. This immersive approach ensures that attendees leave not just with new knowledge, but with the confidence and skills to implement these strategies immediately within their professional roles.

Course Agenda (Course Units):

Unit One: The Foundations of Workplace Stress and Resilience

- Understanding the nature of stress and pressure.
- The science of the stress response (fight, flight, or freeze).
- Differentiating between eustress (positive stress) and distress (negative stress).
- Introduction to the concept of resilience and mental toughness.
- Assessing personal and organizational stress levels.
- The transactional model of stress and coping.
- Identifying common workplace stressors and their impact on performance.

Unit Two: Practical Techniques for Individual Stress Management

- Cognitive restructuring and challenging negative thought patterns.
- Mindfulness, meditation, and relaxation techniques for the workplace.
- Effective time management and prioritization to reduce overwhelm.
- The importance of nutrition, sleep, and physical activity.
- Developing healthy boundaries and work-life integration.
- Breathing exercises for immediate stress reduction.
- Problem-focused vs. emotion-focused coping strategies.

Unit Three: Building and Sustaining Personal Resilience

- The role of emotional intelligence in managing stress.
- Developing a growth mindset to embrace challenges.
- Leveraging principles of positive psychology and gratitude.
- Building strong social support networks professionally and personally.
- Cultivating self-compassion and avoiding perfectionism.
- Techniques for bouncing back from setbacks and adversity.
- Creating a personal resilience and well-being action plan.

Unit Four: Fostering a Resilient and Supportive Team Culture

- The leader's role in modeling resilient behaviors.
- Creating psychological safety within teams.
- Effective communication strategies for high-stress situations.
- Managing conflict constructively to reduce team tension.
- Promoting a culture of feedback and continuous improvement.
- Recognizing and addressing team burnout.
- Leading with empathy and compassion during organizational change.

Unit Five: Strategic Resilience and Sustainable Performance

- Integrating well-being into organizational strategy and goals.
- Preventing long-term burnout at the individual and team level.
- Conducting energy audits to manage personal and team resources.
- Building organizational resilience to navigate market volatility.
- Measuring the impact of well-being initiatives.
- Sustaining resilience practices for long-term career success.
- Final review and commitment to ongoing personal development.

FAQ:

Qualifications required for registering to this course?

There are no requirements.

How long is each daily session, and what is the total number of training hours for the course?

This training course spans five days, with daily sessions ranging between 4 to 5 hours, including breaks and interactive activities, bringing the total duration to 20 - 25 training hours.

Something to think about:

To what extent is individual resilience a sufficient solution for systemic organizational stressors, and where does corporate responsibility begin?

What unique qualities does this course offer compared to other courses?

This course distinguishes itself by adopting a holistic, dual-focus approach that addresses both the individual and the organization. While many programs concentrate solely on equipping employees with coping mechanisms, this training course posits that true resilience is a shared responsibility. We move beyond basic stress reduction tips to explore the systemic factors that create pressure, empowering leaders and team members to co-create a psychologically safe and supportive culture. The curriculum is deeply rooted in contemporary research from positive psychology and neuroscience, ensuring that the strategies taught are evidence-based and highly effective. Rather than a one-size-fits-all solution, the methodology emphasizes self-assessment and the creation of personalized action plans, recognizing that each participant's experience with stress is unique. Furthermore, the course places a strong emphasis on proactive and preventative strategies, teaching participants not just how to manage existing stress but how to build the mental and emotional fortitude to prevent burnout and thrive amidst future challenges. It is a strategic investment in sustainable human performance.