Corporate Stress Management and Resilience Building Training Course



21 - 25 Dec 2026

Lisbon

4500 € (Per Person)

Ref: #PRO3646_120471

Course Introduction / Overview:

In today's fast-paced corporate world, the ability to manage stress and cultivate resilience is no longer a soft skill but a critical business competency. This course provides a comprehensive framework for understanding and mastering the dynamics of workplace stress and personal resilience. Drawing on foundational principles from positive psychology, particularly the work of Dr. Martin Seligman on "Learned Optimism," this program moves beyond simple stress reduction tips. It delves into the cognitive and behavioral strategies that empower individuals and teams to thrive amidst pressure and uncertainty. Participants will explore the physiological and psychological impacts of chronic stress and learn evidence-based techniques to counteract them, fostering a proactive approach to well-being. BIG BEN Training Center has designed this immersive experience to equip professionals with practical tools to not only cope with challenges but also to transform their response to adversity, enhancing productivity, engagement, and overall mental health. This training is an investment in creating a more robust, adaptive, and high-performing organizational culture.

Target Audience / This training course is suitable for:

- Managers and Team Leaders.
- Human Resources Professionals.
- Project Managers and Department Heads.
- Employees working in high-pressure environments.
- Executives and Senior Leadership.
- Organizational Development Specialists.
- Anyone seeking to improve their personal and professional resilience.
- Customer-facing employees and sales teams.

Target Sectors and Industries:

- Information Technology and Software Development.
- Finance, Banking, and Insurance.
- Healthcare and Pharmaceutical sectors.
- Management Consulting and Professional Services.
- Government agencies and public sector organizations.
- Telecommunications and Media.
- Retail and Customer Service industries.
- Engineering and Manufacturing.

Target Organizations Departments:

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

Course Offerings:

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

- Identify the root causes of workplace stress and its impact on performance.
- Apply cognitive reframing techniques to change negative thought patterns.
- Utilize mindfulness and relaxation exercises to manage acute stress.
- Develop a personalized resilience action plan for long-term well-being.
- Enhance emotional intelligence and self-regulation skills.
- Foster psychological safety and a supportive team environment.
- Implement strategies to prevent burnout in themselves and their teams.
- Improve communication skills for navigating difficult conversations under pressure.
- Lead with resilience and guide teams through periods of change and uncertainty.
- Promote a positive and healthy organizational culture focused on well-being.

Course Methodology:

The training methodology at BIG BEN Training Center is designed for maximum engagement and practical application. This course rejects a passive, lecture-based approach in favor of a dynamic, experiential learning environment. Participants will engage in a blend of interactive workshops, facilitated group discussions, and reflective individual exercises. We will utilize real-world case studies to analyze complex workplace scenarios and develop practical solutions. Role-playing activities will provide a safe space to practice new communication and stress-management techniques. Self-assessment tools and diagnostic instruments will be used to help participants gain deep insights into their personal stress triggers and resilience levels. A significant portion of the course is dedicated to collaborative problem-solving, where attendees share challenges and co-create strategies in small teams. Our expert facilitators provide continuous, constructive feedback and guide participants in developing personalized action plans to ensure that the skills learned are immediately transferable to their professional roles. The emphasis is on learning by doing, ensuring a lasting impact on both individual behavior and organizational culture.

Course Agenda (Course Units):

Unit One: Understanding the Landscape of Workplace Stress

- The science of stress and the body's response.
- Differentiating between positive (eustress) and negative (distress) pressure.
- Common organizational and individual stress triggers.
- Conducting a personal stress audit and identifying key stressors.
- The link between stress, productivity, and employee engagement.
- Early warning signs of burnout and chronic stress.
- Introduction to the core concepts of psychological resilience.

Unit Two: Cognitive and Behavioral Stress Management Techniques

- Introduction to Cognitive Behavioral Therapy (CBT) principles.
- Techniques for challenging and reframing negative automatic thoughts.
- Mindfulness-based stress reduction (MBSR) practices for the workplace.
- Practical breathing and grounding exercises for immediate calm.
- Time management and prioritization strategies to reduce overwhelm.
- The role of nutrition, sleep, and physical activity in stress management.
- Developing healthy boundaries and work-life integration.

Unit Three: Building the Pillars of Personal Resilience

- The psychology of resilience and developing a growth mindset.
- Enhancing emotional intelligence and self-awareness.
- Techniques for effective emotional regulation under pressure.
- Leveraging character strengths to overcome adversity.
- Building optimism and hope using principles from positive psychology.
- The power of social connections and building a support network.
- Creating a personal resilience development plan.

Unit Four: Cultivating a Resilient and Low-Stress Team Culture

- The leader's role in modeling resilient behaviors.
- Creating psychological safety for open communication and risk-taking.
- Effective communication strategies for high-stress situations.
- Conflict resolution techniques that build stronger teams.
- Promoting a culture of appreciation and recognition.
- Managing change effectively to minimize team anxiety.
- Designing workflows and processes that support well-being.

Unit Five: Sustaining Well-being and Driving Organizational Change

- Strategies for preventing and recovering from burnout.
- Developing long-term habits for sustained mental and physical well-being.
- Becoming a well-being advocate within the organization.
- Techniques for influencing upward to promote systemic change.
- Measuring the impact of well-being initiatives.
- Finalizing a comprehensive personal and team action plan.
- Course review, peer coaching, and commitment to ongoing practice.

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:

How can an organization systemically embed resilience into its culture, moving beyond individual training to create a truly supportive and stress-aware environment?

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

This course distinguishes itself by adopting a multi-layered, systemic approach that transcends basic stress-reduction tips. While many programs focus solely on individual coping mechanisms, this training integrates three critical dimensions: the individual, the team, and the organization. We build upon a robust, evidence-based foundation, incorporating principles from cognitive behavioral science and positive psychology to ensure the techniques are not just effective but sustainable. The curriculum is uniquely designed to foster deep self-awareness through validated assessment tools, allowing participants to understand their specific stress signatures and resilience profiles. Furthermore, a significant emphasis is placed on the leader's role in cultivating psychological safety and a resilient team culture, a crucial element often overlooked. Instead of a purely theoretical discourse, the course is intensely practical, culminating in the creation of a personalized, actionable well-being plan. This ensures that learning is directly translated into tangible behavioral change and provides a clear roadmap for continuous development long after the training concludes.