

PERSONALITY ENHANCEMENT TRAINING

Stress Management Course

Learn practical techniques to manage stress, improve emotional well-being, and stay calm under pressure in both personal and professional life.

2-Phase Program

Certified Trainers

500+ Students Trained

About the Course

Stress has become an unavoidable part of modern life. Academic pressure, workplace responsibilities, deadlines, financial concerns, and personal challenges can all impact your mental and physical well-being.

This course is designed to help you understand the causes of stress and develop practical strategies to manage it effectively — through interactive sessions, guided exercises, and real-life scenarios, learning how to stay calm, think clearly, and build resilience.

By the end of this course, you'll be equipped with proven techniques to maintain emotional balance, improve focus, and create healthier habits for long-term well-being.

2

PHASES

4 Hrs

CONTENT

Live

INTERACTIVE

Yes

CERTIFICATE

Who Should Join

This course is suitable for students, working professionals, managers, entrepreneurs, and anyone looking to manage stress more effectively. No prior knowledge needed.

What You'll Gain



Understand the root causes
of stress and anxiety



Learn practical stress
reduction techniques



Improve focus, productivity
& decision-making

Course Structure

Phase 01 · Understanding Stress & Building Healthy Coping Strategies

This phase introduces the fundamentals of stress management — how stress affects your mind and body, identifying personal stress triggers, and exploring practical reduction techniques.

WHAT YOU WILL LEARN

- Understanding stress and its causes
- Physical, emotional, and behavioral effects of stress
- Identifying healthy and unhealthy stress
- How much stress is too much?
- Managing stress effectively in daily life
- Workplace stress management strategies
- Building a healthy mind-body balance
- Coping with major life events
- Establishing a personal support system
- Creating an effective stress management plan
- Knowing when to seek professional help

Phase 02 · Practical Stress Management & Habit Formation

This phase focuses on turning knowledge into daily practice — developing healthy routines, monitoring stress patterns, and building sustainable habits.

WHAT YOU WILL LEARN

- Building a personalized stress management routine
- Maintaining a daily stress log
- Recording stressful situations
- Identifying stress triggers and planning solutions
- Developing healthy habits
- Reviewing progress and measuring improvement
- Creating a long-term wellness strategy

What Students Say

"I learned simple techniques that helped me manage work pressure without feeling overwhelmed. The breathing and planning exercises were especially helpful."

Sneha Kapoor

HR Executive

"This course completely changed how I deal with deadlines. I feel more focused, organized, and emotionally balanced."

Aman Singh

MBA Student

Frequently Asked Questions

Do I need any prior knowledge?

No. The course is designed for beginners and focuses on practical, easy-to-follow techniques.

Will there be practical activities?

Yes. The program includes guided exercises, stress assessment activities, habit-building sessions, and real-life case studies.

How will this course help me professionally?

Effective stress management improves focus, decision-making, communication, productivity, and emotional resilience.

Will I receive a certificate after completing the course?

Yes. All participants receive a Certificate of Completion upon successfully finishing the training.

Ready to Take Control of Your Stress?

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