

# Managing Stress and Workplace Accountability



<b>Course Number:</b>	MTS MS 001	<b>Scheduled Sessions:</b>
<b>Cost Per Person:</b>	\$40 Participating Agency, \$188/Non-Participating	7/26/19
<b>Eligibility:</b>	All	10/16/19
<b>Instructor:</b>	Carol Tripp	1/28/20
<b>Certification Series:</b>	Advanced Professional Development Certificate	4/23/20
<b>Length:</b>	8:30 am - 4:30 pm	
<b>Location:</b>	Des Moines, Hoover State Office Building, Level A	

## Overview:

This course is designed to identify and understand the sources of stress. Participants will gain an understanding of the science behind stress and why some stress is actually healthy for us to lead productive lives. Coping strategies, identifying stress overload, and self-management technique topics will be presented.

## Objectives:

- Define stress and identify triggers
- Recognize your current stress level
- Understand the science behind stress
- Create strategies for reducing stress and increasing self-management techniques