

## Stress Management and Resilience Training Course

*Barcelona (Spain)*

*26 - 30 January 2026*

UK Training

**PARTNER**



## Stress Management and Resilience Training Course

Code: PS28 From: 26 - 30 January 2026 City: Barcelona (Spain) Fees: 4400 Pound

### Introduction

In today's fast-paced business world, managing stress at work is essential for maintaining productivity, mental well-being, and overall health. Stress Management and Resilience Training provides participants with the tools and techniques needed to identify sources of stress, develop effective coping mechanisms, and build resilience to confidently face challenges.

This course is designed to equip participants with practical strategies to enhance emotional stability, maintain mental clarity, and boost performance, even under high-pressure situations. Through practical applications and real-world scenarios, participants will learn how to create personalized stress management plans and resilience-building strategies for long-term success.

### Course Objectives

By the end of this Stress Management and Resilience Training, participants will be able to:

- Understand the causes and effects of stress in the workplace.
- Apply effective techniques for managing and reducing stress levels.
- Develop resilience skills to handle adversity and unexpected challenges.
- Improve emotional regulation and maintain focus during high-pressure situations.
- Create a personal action plan for long-term stress management and resilience building.

### Course Outlines

#### Day 1: Understanding Stress and Its Impact

- Definition of stress and its psychological and physical effects.
- Identifying common sources of workplace stress.
- Understanding the difference between positive stress Eustress and negative stress Distress.
- The impact of chronic stress on health and productivity.
- Self-assessment: Measuring your current stress levels and identifying triggers.
- Exploring the importance of stress management in the workplace for better performance.

#### Day 2: Techniques for Managing Stress

- Time management and prioritization techniques to reduce workload pressure.
- Relaxation techniques:
  - Deep Breathing Exercises
  - Progressive Muscle Relaxation PMR

A graphic of a chessboard with several chess pieces (a king, a queen, a rook, and a pawn) in gold and silver. The text 'UK Training PARTNER' is overlaid on the board.

UK Training  
**PARTNER**

- Mindfulness Meditation

- Cognitive restructuring: Shifting negative thought patterns to positive ones.
- Building healthy habits: Regular exercise, balanced nutrition, and effective sleep management.
- Practical exercises for stress relief and emotional balance.
- Understanding stress management skills definition and its application in daily life.

### Day 3: Building Resilience in the Workplace

- Definition and importance of resilience in the professional environment.
- Developing a growth mindset and learning from setbacks.
- Techniques for emotional regulation during challenging situations.
- Enhancing adaptability to change and uncertainty.
- Group activities: Role-playing scenarios to practice resilience strategies.
- Highlighting the advantages of stress management in building a stronger mindset.

### Day 4: Communication and Conflict Resolution under Stress

- The role of effective communication in managing workplace stress.
- Handling difficult conversations with confidence and composure.
- Conflict resolution techniques to prevent escalation and maintain harmony.
- Building strong support networks for emotional stability.
- Interactive exercises: Managing workplace conflicts calmly and assertively.
- Understanding the link between stress management at the workplace and effective communication.

### Day 5: Creating a Personal Stress Management Plan

- Developing a personalized stress management plan to handle daily pressures.
- Setting realistic goals for managing stress and building resilience.
- Strategies for maintaining balance and avoiding burnout.
- Long-term strategies for emotional well-being and professional sustainability.
- Final Presentations and Group Feedback Session to share personal strategies and improvements.
- Recognizing the importance of stress management for sustainable career growth.

### Why Attend this Course: Wins & Losses!

- Master effective stress management techniques to boost productivity and well-being.
- Enhance resilience skills to face challenges confidently and calmly.
- Improve emotional regulation for clearer thinking under pressure.
- Build healthy habits that support long-term well-being and performance.
- Learn to manage workplace stress effectively, preventing burnout and enhancing focus.
- Gain the ability to resolve conflicts smoothly, even in high-pressure environments.
- Develop a personal stress management plan for sustainable growth and stability.

### Conclusion

Stress Management and Resilience are vital skills for thriving in today's demanding work environments. This course empowers participants with practical techniques and real-world applications to manage stress effectively, develop emotional resilience, and maintain peak performance even in high-pressure situations.

A graphic of a chessboard with several chess pieces (a king, a queen, a rook, and a pawn) in gold and silver. The text 'UK Training PARTNER' is overlaid on the board.

UK Training  
**PARTNER**



Through hands-on exercises and interactive sessions, participants will leave with the confidence and skills to navigate challenges with strength and clarity, ensuring sustained productivity and emotional well-being in their professional lives.

A graphic of a chessboard with several pawns. A large gold king piece is prominent in the foreground, with several smaller silver and gold pawns behind it. The board is a checkered pattern of light and dark squares. In the background, there are concentric circles radiating from the center.

UK Training  
**PARTNER**

Head Office: +44 7480 775 526  
Email: [Sales@blackbird-training.com](mailto:Sales@blackbird-training.com)  
Website: [www.blackbird-training.com](http://www.blackbird-training.com)



## Blackbird Training Cities

### Europe



Malaga (Spain)



Sarajevo (Bosnia and Herzegovina)



Oporto (Portugal)



Glasgow (Scotland)



Edinburgh (UK)



Oslo (Norway)



Annecy (France)



Bordeaux (France)



Copenhagen (Denmark)



Birmingham (UK)



Lyon (France)



Moscow (Russia)



Stockholm (Sweden)



Podgorica (Montenegro)



Batumi (Georgia)



Salzburg (Austria)



Florence (Italy)



London (UK)



Istanbul (Turkey)



Amsterdam



Düsseldorf (Germany)



Paris (France)



Athens (Greece)



Barcelona (Spain)



Munich (Germany)



Geneva (Switzerland)



Prague (Czech)



Vienna (Austria)



Rome (Italy)



Brussels (Belgium)



Madrid (Spain)



Berlin (Germany)



Lisbon (Portugal)



Zurich (Switzerland)



Manchester (UK)



Milan (Italy)



## Blackbird Training Cities

### USA & Canada



Los Angeles (USA)



Orlando, Florida (USA)



Online



Phoenix, Arizona (USA)



Houston, Texas (USA)



Boston, MA (USA)



Washington (USA)



Miami, Florida (USA)



New York City (USA)



Seattle, Washington (USA)



Washington DC (USA)



In House



Jersey, New Jersey (USA)



Toronto (Canada)

### ASIA



Baku (Azerbaijan)  
(Thailand)



Maldives (Maldives)



Doha (Qatar)



Manila (Philippines)



Bali (Indonesia)



Bangkok



Beijing (China)



Singapore (Singapore)



Sydney



Tokyo (Japan)



Jeddah (KSA)



Riyadh (KSA)



Melbourne (Australia)  
(Kuwait)



Phuket (Thailand)



Shanghai (China)



Dubai (UAE)



Kuala Lumpur (Malaysia)



Kuwait City



Seoul (South Korea)



Pulau Ujong (Singapore)



Irbid (Jordan)



Jakarta (Indonesia)



Amman (Jordan)



Beirut

UK Training  
**PARTNER**



## Blackbird Training Cities

### AFRICA



Kigali (Rwanda)



Cape Town ( South Africa)



Accra (Ghana)



Lagos (Nigeria)



Marrakesh (Morocco)



Nairobi (Kenya)



Zanzibar (Tanzania)



Tangier (Morocco)



Cairo (Egypt)



Sharm El-Sheikh (Egypt)



Casablanca (Morocco)



Tunis (Tunisia)



## Blackbird Training Clients

 <b>MANNAI CORPORATION</b> MANNAI Trading Company WLL, Qatar	 <b>GAC</b> UNE FILIALE D' EGA Alumina Corporation Guinea	 <b>Booking.com</b> Booking.com Netherlands	 <b>OXFAM</b> Oxfam GB International Organization, Yemen	 <b>Capital Markets Authority</b> Kuwait
 <b>Waltersmith</b> Waltersmith Petroman Oil Limited Nigeria	 <b>QNB</b> Qatar National Bank (QNB), Qatar	 <b>Qatar Foundation</b> Qatar	 <b>AFRICAN UNION ADVISORY BOARD ON CORRUPTION</b> Tanzania	 <b>KFAS</b> KFS Kuwait
 <b>Reserve Bank of Malawi</b> Malawi	 <b>Central Bank of Nigeria</b> Nigeria	 <b>Ministry of Interior Kingdom of Saudi Arabia</b> Ministry of Interior, KSA	 <b>Mabruk Oil Company</b> Libya	 <b>Saudi Electricity Company</b> KSA
 <b>BPKH</b> Badan Pengelola Keuangan Haji BADAN PENGELOLA KEUANGAN Haji, Indonesia	 <b>NATO Italy</b>	 <b>ENI</b> ENI CORPORATE UNIVERSITY, Italy	 <b>GULF BANK</b> Gulf Bank Kuwait	 <b>General Organization for Social Insurance</b> KSA
 <b>Defence Space Administration</b> Nigeria	 <b>National Industries Group (Holding)</b> Kuwait	 <b>Hamad Medical Corporation</b> Qatar	 <b>USAID</b> Pakistan	 <b>STC</b> STC Solutions, KSA
 <b>North Oil Company</b> North Oil company,	 <b>EKO Electricity</b> EKO Electricity	 <b>OMAN BROADBAND</b> Oman Broadband	 <b>UNITED NATIONS</b> UN,	 <b>Authority for Electricity Regulation, Oman</b> Authority for

UK Training  
**PARTNER**

## Blackbird Training Categories

### Management & Admin

Entertainment & Leisure  
Professional Skills  
Finance, Accounting, Budgeting  
Media & Public Relations  
Project Management  
Human Resources  
Audit & Quality Assurance  
Marketing, Sales, Customer Service  
Secretary & Admin  
Supply Chain & Logistics  
Management & Leadership  
Agile and Elevation

### Technical Courses

Artificial Intelligence (AI)  
Hospital Management  
Public Sector  
Special Workshops  
Oil & Gas Engineering  
Telecom Engineering  
IT & IT Engineering  
Health & Safety  
Law and Contract Management  
Customs & Safety  
Aviation  
C-Suite Training



 International House 185 Tower Bridge  
Road London SE1 2UF United Kingdom

 +44 7401 1773 35  
+44 7480 775526

 Sales@blackbird-training.com

 www.blackbird-training.com

UK Training  
**PARTNER**

