



TRAINING OPPORTUNITY
Detrick Center for Training and Education
Excellence
Fort Detrick, MD

Course Title: Stress Management

Dates/Hour/Location: 26 January 05, Bldg 1520, classroom 2,
0800-1600

Course length: 1 day

Registration Deadline: 12 Jan 05

Cost: \$120.00 Based upon 15 of participants is

Vendor/Address: Lausanne Institute, 109 Knoxlyn Farm Drive,
Kennett Square, PA 19248

COURSE CONTENT:

- Be aware of his/her lifestyle
- Develop an individual stress management program
- Learn how to distinguish between stress and its causes
- Anger Management
- Build self confidence/self esteem to face the future positively
- Practice several stress reducing techniques
- Identification of the stress response and types of stress
- Recognize stressors at the work place, and how to reduce the effect
- Accepting change that will benefit the organization
- Recognize how to use the techniques of Relaxation, Meditation, Hypnosis
- Understanding the effects of stress on the body - how it happens and what it does
- Personal Style Inventories to help develop and individual stress management program

OBJECTIVES:

The participant will be able to:

- Be aware of his/her lifestyle
- Resolve conflict with win results
- Develop and individual stress management program
- Recognize stressors in the work place, to reduce the effect of the stressors
- Recognize the use of techniques such as Relaxation Response, Meditation, Hypnosis
- Build self confidence and self esteem to face the future with positive expectation
- Access their own belief system and reshape those that are negative and destructive

- Formulate and utilize expectations

Target Audience: Clerical, Secretarial, administrative personnel, team leaders and supervisors.

Course Manager: Tel. 301-619-7554/3360, Fax 301-619-2884 or E-Mail: USAGDCTEE@DET.AMEDD.ARMY.MIL

How to Nominate and Apply: FAX DD Form 1556 to DCTEE (301-619-2884 or DSN 343-2884) or mail to bldg 1520 by the registration deadline. Make sure Blocks 17,19, 23, 25, 32, 33, and 34 are properly completed. Include nominee's email address and Training Coordinator's phone number and email address in Block 18. Training coordinators must add billing information in blocks 27 and 37. Do not attend unless you have received confirmation from the course manager. Although we try to accommodate all training needs, faxing a nomination to us does not guarantee a space allocation. Check with your activity Training Coordinator if you have not received confirmation two-four weeks prior to the class starting date.

NOTES:

Individuals who require special services or accommodations due to a disability should advise this office immediately (wheelchair access, interpreter, etc).