Course Name | Managing Pressure Positively
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**Who is this programme for** | Assistant Professor on the Development Programme
**Eligibility requirement** | Please note that your manager needs to be aware of any planned absence from your area, please discuss with your manager/head of school in advance of booking

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**Course Overview** | Managing Pressure Positively
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**Content and Learning Outcomes** | Stress, a part of everyday life, something to be lived with, inescapable???

In many cases, stress has power over us because we don’t realize that we have choices and could be doing things differently.

This course will allow the participants to understand the nature and sources of their stress. They will gain the skills to deal with their stress symptoms and with stressful situations, they will learn how to relax and to choose a healthier and happier future. The skills gained can be equally applied to stress at home or at work, from dealing with tasks or to managing people and situations.

By the end of the course participants can expect to:

- understand the biological basis of stress and its symptoms
<table>
<thead>
<tr>
<th>Course Name</th>
<th>Managing Pressure Positively</th>
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<tbody>
<tr>
<td></td>
<td>• see the reasons why stress is personal and identify your particular stressors</td>
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<td></td>
<td>• become aware of how you deal with stressful situations</td>
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<td>• have choices to deal with stress in a healthier or more helpful way</td>
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<td></td>
<td>• learn techniques that can help to deal with the symptoms of stress</td>
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<td>• have tools to manage themselves and their environment more effectively</td>
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**What are the benefits of attending this course?**

Learn how to choose a healthier happier lifestyle. This Master Class will give you the skills to deal with stress and stressful situations in work and at home.

**Pre-Course work requirement**

There is no pre-course work for this course.

**LinkedIn Learning Recommendation**

**Feedback from Previous Edition of this course**

This is the first edition of this course

**Other Useful Resources**

HR Service Desk: 01 896 3333; hr@tcd.ie
Course Name: Managing Pressure Positively

HR Webpage: https://www.tcd.ie/hr/learning-and-development/asst-prof-development/

Competencies: This course is linked to the following competencies:

- Unlocks Potential and Achieves Results

Course Facilitator: Dr Margaret Collins

My research career is driven by the question "How does that work?". During my career at the University of Surrey, The Institute for Animal Health and the Royal Veterinary College it didn’t take long for me to begin to ask that question about teaching students. Why were some techniques more effective than others? What if students had different learning styles?

Similarly, when it came to career progression and promotion, why did some people move up more quickly and easily than others? How did that work?

I found many answers through study of Coaching, Behavioural Styles Analysis, Neuro Linguistic Programming and developments in educational theory. In 2003 I founded this company, designed to bring aspects of these disciplines into academic workshops for you to share!

Fellow of the Higher Education Academy; Member of the Society For General Microbiology; Graduate of CoachU Coach Training Programme; Master Practitioner of NLP; One of Many™ Certified Coach and Trainer; Certified Dare to Lead™ Facilitator; Member of Association of Coaching
<table>
<thead>
<tr>
<th><strong>Date</strong></th>
<th>27th April 2020</th>
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<tbody>
<tr>
<td><strong>Time</strong></td>
<td>11:00 – 13:30</td>
</tr>
<tr>
<td><strong>Duration</strong></td>
<td>2.5 hours</td>
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<tr>
<td><strong>Venue</strong></td>
<td>Online</td>
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**How to Book**

Book via Eventbrite, click on link below.

[https://ap_master_class_manag_pressure_positive_270420_am.eventbrite.ie](https://ap_master_class_manag_pressure_positive_270420_am.eventbrite.ie)

**Refreshments and Food**

Refreshments not offered for online courses

**Cancellation Fee**

There is no cost for staff attending this course, but you will be asked for a departmental cost code on booking.

Your department will be liable for a charge of €75 for 4 working days' cancellation notice and €150 for 48 hours' notice or non-attendance without prior cancellation by email to staffdev@tcd.ie.

**GDPR**

Data is stored in line with GDPR guidelines. Do you consent to us storing the data provided here for the purpose of providing this training course, and provision of food/access to the course? Data will be stored in Eventbrite, excel and on paper (attendance records) to produce attendance sheets & for statistics (anonymised).  Yes/No