

Stress Management

PSYCHOLOGIE / PSYCHOTHERAPIE



In today's fast-paced world, stress tends to become a constant companion. In this seminar you will gain in-depth knowledge of effective stress-management-strategies.

Content:

- Fundamentals of stress: Causes, symptoms, and impacts on mental and physical health
- Stress avoidance strategies: How to identify and mitigate stressors before

they escalate

- Stress management techniques: Mindfulness, cognitive approaches, and relaxation methods
- Practical exercises: Hands-on application of stress management tools in real-life scenarios

Why You Should Attend:

- Holistic Approach: Gain a comprehensive understanding of stress and its management.
- Interactive Sessions: Participate in engaging and interactive sessions that reinforce learning.
- Expert Guidance: Learn from an experienced instructor specializing in stress management and mental well-being.
- Convenient Format: Attend the seminar online, making it easy to fit into your busy schedule.

This seminar provides a solid foundation for enhancing your expertise and equipping you with practical tools to support both your clients and yourself in managing stress effectively.

Dozent/in Dipl. Betriebswirtin Heike Szondi: Jg. 1970, Dipl. Betriebswirtin (Personal), Entspannungstherapeutin. Neben langjähriger Praxiserfahrung in den Bereichen Personalentwicklung und Mitarbeiterführung verfügt sie über Coaching-Kompetenz. Weitere Schwerpunkte setzte sie im Hinblick auf Kommunikation und Verhandlungsführung. Die erworbenen Qualifikationen als HP Psychotherapie, Entspannungstherapeutin und Ressourcen-/ Resilienztrainerin runden ihr Profil ab.

Termine:

Sa. 18.04.2026

So. 19.04.2026

Sa. 25.04.2026

So. 26.04.2026

jew. 10:00-14:00 Uhr

Preis:

340,- Euro *

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Seminarnummer:

SSB59180426

Anmeldemöglichkeiten:

- bei jeder Akademie
- per Fax: 0261 - 9 52 52 33
- Web: www.paracelsus.de
- per QR:

