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Course # 9626428

Certified for 1 CEU In Human Resources or ELE

Instructor
Michael G. Zawaki

Upon completion managers will:

1. **Be capable of defining cumulative stress.**
2. **Be able to list common physical, emotional and mental symptoms of cumulative stress.**
3. **Recognize behaviorial changes triggered by cumulative stress.**
4. **Recognize symptoms of the four stages of burnout.**
5. **Understand the key contributers to job burnout.**
6. **Name several positive steps to mitigate job stress.**
7. **Be able to list stress relief pointers to help overcome job stress.**

"How To Practice Safe Stress"

Overview

How To Practice Safe Stress. Was designed for all Community Association Managers and Board Members wanting to develop positive ways to relieve job stress and minimize burnout.

General Overview

- Stress and burnout facts
- Signs of cumulative stress
- Group reactions to the effects of cumulative stress
- Causes of burnout
- Four stages of burnout
- Dealing with job stress
- Stress relief pointers