Provider
# 0005095

Course # 9626391

Certified for 2 CEU's In Human Resources

Instructor
Michael G. Zawaki

**Upon completion managers will:**

1. **Be able to define post traumatic stress and identify causes.**
2. **Be capable of defining cumulative stress.**
3. **Be able to list common physical, emotional and mental symptoms of cumulative stress.**
4. **Recognize behaviorial changes triggered by cumulative stress.**
5. **Recognize symptoms of the four stages of burnout.**
6. **Understand the key contributers to job burnout.**
7. **Name several positive steps to mitigate job stress.**
8. **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**

- Traits and leadership qualities of successful property managers
- Stress and burnout facts
- Causes of post traumatic stress
- 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