

**BUSINESS SOLUTIONS - ESSENTIAL BUSINESS SKILLS**

**HUMAN RESOURCES & MANAGEMENT SHORT LEARNING PROGRAMME: *STRESS MANAGEMENT***

**ALIGNED TO SAQA UNIT STANDARD ID: 120305 - ANALYSE THE ROLE THAT EMOTIONAL INTELLIGENCE PLAYS IN LEADERSHIP**

**Duration:**

**1 DAY PROGRAMME**

Stress is what you feel when you have to handle more than you are used to. When you are stressed, your body responds as though you are in danger. It makes hormones that speed up your heart, make you breathe faster, and give you a burst of energy. This is called the fight-or-flight stress response. Some stress is normal and even useful. Stress can help if you need to work hard or react quickly, for example, it can help you win a race or finish an important job on time.

If stress happens too often or lasts too long, it can have bad effects. It can be linked to headaches, an upset stomach, back pain, and trouble sleeping. It can weaken your immune system, making it harder to fight off disease. If you already have a health problem, stress may make it worse. It can make you moody, tense, or depressed. Your relationships may suffer, and you may not do well at work. Learn how to manage stress in this one day workshop.

**Programme overview:**

- Explain the concept of emotional intelligence and how this impacts on leadership
- Analyse the relationship between emotional intelligence and self-awareness in relation to leadership
- Analyse the relationship between emotional intelligence and self-management in relation to leadership
- Analyse the relationship between emotional intelligence and social awareness in relation to leadership
- Apply techniques for responding to situations in an emotionally intelligent manner

**The following are included in the Course Fee:**

Tuition, student support and research supervision, any assessments that may be completed	
Meals	
Certificate of attendance	
<b>TOTAL</b>	<b>R 1250.00</b>

.....  
I, (student/payment sponsor), acknowledge that I understand the information stated in this document.

Date: .....

Signature: .....

**This Information Sheet forms part of your enrolment contract**

*The content of this information sheet is subject to change without notice due to legislation, market requirements or any other reason. ELMI reserves the right to change the programme subject matter without notice.*

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