



Training for Frontline Staff
and Team Leaders



Manage Stress @ Work

Learn how to thrive in busy
workplace environments.

Unlock your potential to handle workplace stress
with confidence and create a more resilient
environment for yourself and your team.

Manage Stress @ Work equips you with the tools
to understand and manage the causes of workplace
stress, communicate with empathy, and support others effectively.

You'll learn practical questioning techniques to uncover challenges, deliver
constructive feedback, and develop actionable strategies to enhance
resilience for yourself and your team.

Invest in your well-being and support your team in creating a healthier,
more productive workplace.

CONTACT US 

Duration: 2 hours
Location: Statewide
Investment: \$175 TCCI member
\$260 non-member



Call Us
1300 559 122



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Visit Our Website
www.tcci.com.au