

# Stress Coaching for Employees in a Group Setting

Learn to understand the concept of stress better, explore the cultural and psychological theories behind it, and discover techniques and methods for effectively managing stress in daily life. This training is tailored specifically to meet the needs of the Arab world and takes into account cultural values like community, trust, and self-care

## Coaching Highlights

### Culturally Adapted Background Knowledge

Discover how stress is perceived in Arab culture and its psychological and physical impacts. Learn how stress affects our mind and body and the role tradition and faith can play in managing stress.

### Identify Individual Stress Triggers

Recognize your personal stress factors and receive tailored tips for reducing them in daily life. The focus is on developing solutions within the community that fit your lifestyle.

### Community-Oriented Group Exercises:

In a group setting, share personal experiences and learn how stress management varies across different situations. By exchanging insights with your colleagues, you'll gain valuable perspectives to better understand and handle stress triggers.

This coaching integrates faith and stress management, creating a stress-free work environment supported by spiritual strength and community cohesion

## Coaching Experiences



### Initial Reflection - Stress Barometer

Each participant shares their current stress level, fostering understanding and support within the group

### Group Coaching



By sharing experiences and strategies, learn how others in the group manage work-related and personal stress, offering you new perspectives

### Practical Role Plays



Through realistic role plays, learn how to stay calm and composed in stressful situations. These exercises are culturally relevant and easy to integrate into daily life



### Immediate Stress Relief Methods

Gain insights into proven techniques like relaxation methods, breathing exercises, and mental rest phases that are easy to apply in the workday and resonate well within the Arab culture



### Daily Goals for Long-Term Change

Collaboratively develop ideas to reduce stress over the long term. Regular breaks, shared activities, and a more mindful approach to interaction can be central elements of a stress-free work environment

### Workplace Reflection



Together, reflect on situations that trigger stress in a professional context, and develop practical solutions to improve both work life and well-being