

COURSE: STRESS MANAGEMENT

AUDIENCE: All Employees

LOCATION: BLDG #2189 (FRANK KNOX) RM 130, PAX RIVER

DATE: 13 MAY 13

TIME: 0800-1530

COST: None

DESCRIPTION: This course enables students to evaluate themselves and to learn about the main stressors within their lives. Students learn to recognize stress and the techniques to deal with them. Stress and change is a fundamental fact of life. Students who follow the material presented will be able to gain control of many facets of stress and change and eventually their lives.

Finally, at the end of the initial course information is presented, the students will develop their own individual priorities and define what each priority means in their own words. After development of their individual priorities the information will be consolidated with other student's information to allow the students to compare/contrast their individual priorities versus others within the class. NO personal information will be disclosed but only priority areas will be developed using inputs from the students.

HOW TO REGISTER: PAX RIVER NAVAIR TEAM employees should submit a planned training request through the Navy ERP Portal via: <https://ep.erp.navy.mil>. Select NAVAIR Course Catalog, then Personal Development. Contractor personnel may attend on a space-available basis. To apply, fax the Course Coordinator (301-342-4523) a completed Contractor Nomination Form.

COURSE POC: 301-757-4123

PAX TRAINING WEBSITE: <http://www.navair.navy.mil/TFSMD/training/indextraining.html>. Select FY13 TRAINING CATALOG to view all on-site course announcements by subject area.



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a Planned Training ReNomination Form.doc



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