



Centre for Leadership and Community Learning COURSE OUTLINE

Division: Centre for Leadership and Community Learning
Program: Transformational Learning For Leaders
Course Code: **MGMT 143**
Course Title: **Yes, You Can. Dealing With Overwhelm. New Answers for Today's Workplace.**

Course Effective Date:

Previous course code & title:

Required Elective **Credits:** 1.0

Total Course Hours (face-to-face): 14

Lab Hours (if any): NA

Practicum Hours (if any): NA

Delivery Method:

Face-to-face Distance Online

Prerequisites: **None**

Equivalent Course(s) within the JI:

Brief Description:

Transform your life from survive to thrive. We know that excessive stress is directly linked to decreased productivity, yet that's only half the story. There is increasing acknowledgement that the enormous toll on physical, mental and emotional well-being of employees affects the future of the organization and retention of good employees. Traditional coping strategies to handle stress are no longer as effective as they once were. Discover how to take immediate, conscious action and get off the "hamster wheel" of reaction-based living.

This course is designed for any front line, supervisory and executive level manager that is open to new ways of handling stress in the workplace. Participants will explore current organizational trends and what is required for success in the new world of work; learn the importance of self-addressment in a leadership role; learn how to identify repetitive behaviour patterns that create stress and hinder positive change; and learn how to move to a personal position of choice and control in reactive or negative situations. This powerful, highly interactive course offers advanced focus techniques including meditation to mobilize internal resources and combat perpetual overwhelm.

Evaluation Profile: Attendance only Credit / No Credit
 Complete/Incomplete Pass/Fail
 Letter Grade % Grade



Passing Grade (if applicable): Credit granted

Evaluation Methods and Percentage of Total Grade:

100% attendance in all classes;

Active contribution in large and small group discussions and activities.

Self evaluation

Learning Outcomes / Goals:

At the end of this 14 hour, 2 day program participants will apply factual reasoning with conceptual techniques to handle imbalanced responses to overwhelm.

Learning Objectives:

Upon successful completion of this course, the participant will be able to:

Identify why current workplace coping strategies for overwhelm no longer work, and apply new principles for positive change.

Identify the consequences of stress and overwhelm on a physical, mental and emotional level.

Identify and address the impact of the leader's role in managing "overwhelm" at work.

Examine negative situations and behaviours with an increased sense of control and detachment.

Mobilize internal resources and achieve a sense of balance and security, utilizing specific focus techniques and skills.

Develop a personal action plan to address overwhelm

Course Topics/Content:

Sources of overwhelm in today's organizations

Ways of coping or not coping, today

Effects of stress physically, mentally and emotionally

Identifying repetitive behaviours that encourage overwhelm

Detaching from the overwhelm

Tools for detaching

Managing obstacles to new approaches to overwhelm

Text and Resource Materials:

Required:



Recommended:

Comments and Course Policies:

Evaluations:

Course outline changes: All changes to course outlines communicated to learners in class.

JI Policies refer to website:

www.jibc.bc.ca/studentsservices/main/academicsservices/policies.htm