

# Personal Mastery – Working with Agility



- ✓ Personal Mastery – An Introduction
- ✓ Result Orientation
- ✓ Ownership and Accountability
- ✓ Collaborative Ways of Working
- ✓ How to be a Good Team Player
- ✓ Ability to Work with Various Stakeholders
- ✓ Agile Mindset
- ✓ DevOps Mindset
- ✓ Developing the Consultative Mindset
- ✓ **Stress Management**
- ✓ Continuous Learning Culture

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# Stress Management

In 'Occupational Stress,' Stephen Palmer wrote 'Stress is the psychological, physiological and behavioral response by an individual when they perceive a lack of equilibrium between the demands placed upon them and their ability to meet those demands, which, over a period of time, leads to ill-health.' Are you constantly adding items to your to-do list and it seems like your list never shrinks? Are you feeling overwhelmed at work and at home? Are you afraid that stress is starting to negatively impact your health and relationships? Stress is produced by your own feelings and reactions to certain external events, rather than by the events themselves. And while you may not always be able to control the external events that are causing you stress, you can control your reactions to them and how you handle them.

Read the blog and get an understanding on how to cope with stress at work

- **Article:** [Coping With Stress At Work](#)

*(Right click on the link and open in a new tab/window)*



# Controlling and Managing Stress



The VUCA (Volatility, Uncertainty, Complexity and ambiguity) world we live and operate in, brings with it a typical health hazard of stress. Between juggling work, family, and other commitments, one can become too stressed out and busy. But its important to set time aside to unwind else our mental and physical health can suffer.

The simple realization that you're in control of your life is the foundation of managing stress. No matter how stressful your life seems, there are ways you can follow to relieve the pressure and regain control. Learning how to manage your stress takes practice, but you can -- and need to -- do it.

Check out the courses, you'll learn about stress and why it often occurs in the workplace, how to identify and assess your stress triggers, manage your responses more effectively, and make positive personal choices.

- **LinkedIn Course:** [Managing Stress](#) – 22mins
- **LinkedIn Course:** [Managing Stress for Positive Change](#) – 58mins
- **LinkedIn Video:** [Reduce Stress](#) – 3mins

*(Right click on the links and open in a new tab/window)*

# Performing Under Pressure



**LinkedIn Course:** [Performing under Pressure](#) – 56mins

**Video:** [Performing Under Pressure by Hendrie Weisinger](#) – 7mins

*(Right click on the link and open in a new tab/window)*

Nobody performs well under pressure. A lot of us think we do, but we don't, or, at least, we don't perform as well as we could perform. It is very essential to stay focused during a pressure situation. Develop skills to recognize personal reactions to pressure and to know how it impacts relationships with others.

The course mentioned below will help you learn how to identify pressure situations and tackle them with confidence, explains how to approach them through preparation and planning, as well as what to do when the big moment arrives. All this helps to stay in control and make the right moves when performing with others under pressure.

# Can the Anger be Managed?

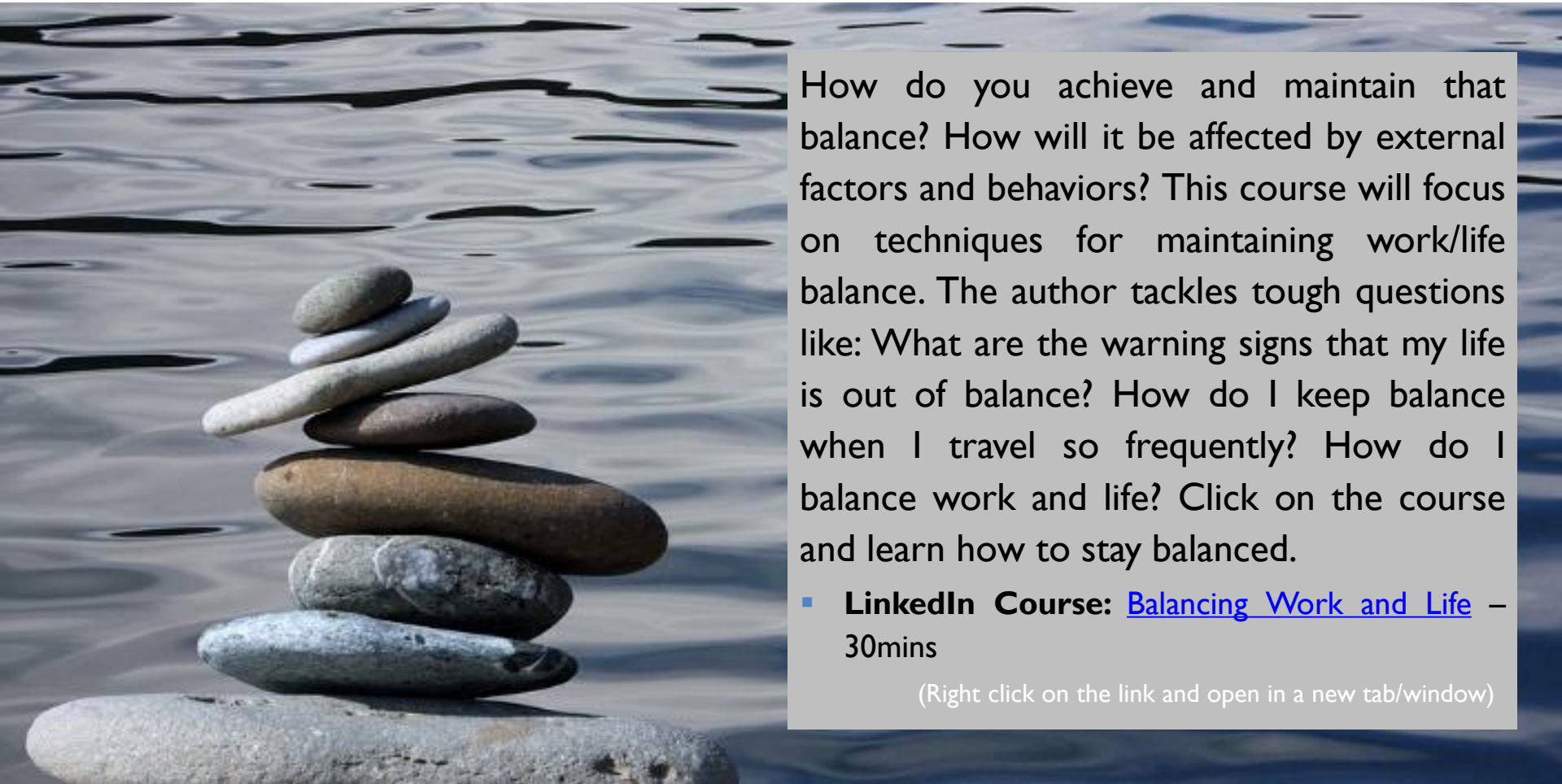


It's important to find healthy ways of owning and expressing your anger. This course, anger management helps you to explore how to manage your anger through emotional and intellectual responses, and how to respond properly to anger directed at you. You'll also explore the nature of anger including its root causes and how it can be a tool for improving your personal and professional growth.

- **LinkedIn Course:** [Anger Management](#) – 1hr

*(Right click on the link and open in a new tab/window)*

# How to Stay Balanced?



How do you achieve and maintain that balance? How will it be affected by external factors and behaviors? This course will focus on techniques for maintaining work/life balance. The author tackles tough questions like: What are the warning signs that my life is out of balance? How do I keep balance when I travel so frequently? How do I balance work and life? Click on the course and learn how to stay balanced.

- **LinkedIn Course:** [Balancing Work and Life](#) – 30mins

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