

EXAMPLES FOR THE TRAINER

Promotions come with being placed in a new role, but also with new responsibilities. They often generate new situations including stressful ones. In the course of performing their work, an employee of the economic sector bears greater or lesser responsibility, whether its material or for the effect of the work performed by them or by the team in which they are placed in.

Stress in any type of work occurs when the individual is responsible for co-workers or subordinates, and their main task is to supervise and control the work of others and submit reports within a strictly defined deadline.

Can the stress be prevented?

What can be done?

What preventive actions should be implemented?

