

Your employee is interested in learning new skills with AMA. Beyond helping you both achieve your goals, here's why that's an excellent idea.

AMA Seminars offer your employee:

- **Extensive practice in a supportive environment.** You really can't learn new skills from an app. You need to experience it, practice it, and get personal attention to the details that make a difference. There is simply no substitute for learning by doing.
- **Feedback from experts.** Our instructors are not professors—they are practitioners in the field, focused on what works now in the real world. Participants agree instructors make a difference and have rated our faculty 4.83 out of 5 stars. What's more, your employee will be learning alongside peers from other organizations gaining insight and knowledge from other industries and expanding their professional network.
- **Tools and techniques designed to improve performance.** Our courses are instructionally designed to make a difference in performance, which is why 99% of participants report they are using what they learned back on the job after taking one of our courses.
- **An Experience.** Yes, we know two or three days seems like a lot. But dedicating that time to truly master new skills is worth the time and money. And we're not just saying that--our customers agree: 98% of participants would come back for another course.

Still feel like you can't spare your employee for a training session?
Take a look at [our live online courses](#) which minimize time away from work.

Either way, remember that we don't lecture—we accelerate performance.

Coping with Stress at Work

Are you feeling overwhelmed? Unsure of the exact source of your stress? Wish you could reduce your stress level but don't know how?

So many employees are feeling stressed at work across all industries and professional levels that it can be considered the new corporate evil. Stress takes a toll on individuals, impacting their health and working capacity which ultimately diminishes corporate performance.

Yet, when handled correctly, stress can have a positive impact and help you reach your full potential.

In this course, you will get a better handle on the work-related stress you are facing and learn how to channel the pressure you are experiencing as effectively as possible. You will become more aware of the causes of stress in your life as a first step and discover what actions you can take to make stress a more constructive force, so you achieve a sense of balance.

How You Will Benefit

- Know the level of your stress and its source
- Better cope with typical stress situations at work
- Reduce stress factors which you can control
- Avoid loss of energy resulting from conflicts
- Increase productivity
- Cope more effectively with your workload
- Gain self-knowledge by understanding what creates stress in your work life