



Be confident and job ready with the key skills employers want.

What are ways to communicate under stress?

Here are a few approaches to try:

- ▶ Speak up before it becomes a crisis.
- ▶ Describe your feelings or problems and look at ways to problem solve.
- ▶ Make an extra effort to listen and speak with respect.
- ▶ Wait until things are calmer and there's time to talk it over.



Stress Management

How you let stress affect your work, life and relationships.

Find out how to get the skills edge by improving your Stress Management skills.

Download the free Stress Management workbook at upskillsforwork.ca

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