



Electric Boat Management Association (EBMA)

Managing Workplace Stress

Workplace stress is common, but it doesn't have to control your day, your productivity or your well-being.

Join our practical and engaging class, *Managing Workplace Stress*, and learn strategies to recognize stress early, respond effectively and maintain balance in demanding work environments.

Grounded in insights from organizational psychology and health psychology, this session explores how stress affects performance, decision making and overall well-being, and what you can do about it.

In this class, you will learn how to:

- Identify common sources of workplace stress
- Recognize early warning signs of burnout
- Use practical techniques to manage stress in the moment
- Build habits that support resilience and well-being
- Maintain productivity and focus during challenging situations

Whether you're balancing deadlines, managing competing priorities or supporting others on your team, this class provides tools you can immediately apply to create a healthier, more productive work experience.

Register today and take the first step toward a more balanced workday.

RSVP to Lexi Byrd at abyrd@gdeb.com.