Mindluster Platform

About the course Staying calm at work

Course Presenter : RISR Careers

Staying calm at work, in this course we will learn practical strategies to manage stress, regulate emotions, and maintain composure in high-pressure work environments. Youâ€™ll explore techniques such as mindfulness, deep breathing, time management, and emotional intelligence to help you respond calmly instead of reacting impulsively. The course also covers how to deal with difficult coworkers, handle tight deadlines, and stay focused during chaos. Through real-life examples and guided exercises, you'll build resilience and develop daily habits that promote inner peace and clarity. Whether you're navigating workplace conflicts, leading a team, or simply trying to reduce burnout, this course equips you with tools to stay calm, think clearly, and perform at your best even in stressful situations. RISR Careers

Soft Skills Category's Courses

Course Lesson(8)

Lesson 1 :
Starting a new job the FIRST DAY of work 5 PRO TIPS for starting a new job on the right foot

Lesson 2 :
Starting a new job the FIRST WEEK of work 5 PRO TIPS for starting a new job on the right foot

Lesson 3 :
Starting a new job FIRST 90 DAYS in a new job and how to build a 90 day action plan step by step

Lesson 4 : **First Time Managers Success Guide 15 Essential Tips Uncovered**

Lesson 5 : **Effective one on one meetings with your manager**

Lesson 6 : **Effective one on one meetings with your team ESSENTIAL GUIDE FOR MANAGERS**

Lesson 7 : **How to stay calm at work**

Lesson 8 : **Five Ways to Reduce Stress at Work**

Related courses

How to Answer Interview Questions

Organizational Communication

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business@mindluster.com