

STRESS MANAGEMENT FOR HIGH PERFORMANCE TEAMS

A one-day (0.7 CEU) performance-focused training

CORE COMPETENCIES

UPPER MOHAWK, INC. (UMI) is a federally accredited Woman-Owned Small Business (WOSB) under the 8(m) Federal Small Business Program and a State of Florida-certified Woman-Owned Small Business. UMI's Training Division has extensive experience creating customized training solutions, as well as providing a broad course catalogue for government agencies and private organizations.

WHAT IS THIS COURSE?

Stress Management for High Performance Teams is a one-day training for Law Enforcement, Military Personnel, First Responders, and Private-Sector professionals who operate in high-stress, high consequence environments. The course examines how stress affects decision-making, emotional control, and operational performance, and provides practical tools to maintain effectiveness under pressure and prevent burnout.

HOW THIS TRAINING WORKS

This course treats stress as a performance variable, not a personal weakness. Training is structured around clear learning objectives and four progressive modules that move from understanding stress, to managing it in the moment, to sustaining long-term performance.

COURSE FOCUS

- Stress physiology and its impact on cognition, judgment, and performance.
- Occupation specific stressors and early indicators of cumulative stress and burnout.
- Practical techniques to regulate stress and maintain emotional control under pressure.
- Decision-making under stress, including perception, bias, and critical thinking.
- Recovery strategies and personal resilience planning to support long-term readiness.

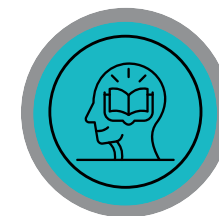
WHY THIS COURSE MATTERS

High-performance teams are expected to make critical decisions under pressure with little margin for error. When stress is unmanaged, decision quality declines, emotional control weakens, and communication suffers—putting performance and safety at risk. **Stress Management for High Performance Teams** equips professionals with practical tools to manage pressure, maintain focus, and sustain high levels of performance in demanding environments.

Innovative Training Solutions for Organizations.

COURSE STRUCTURE

- What stress does to the Brain and Body.
- Workplace Stressors, identity, and purpose.
- Acute regulation and De-escalation Tools
- Life Stress, Health, and Readiness Outside of Work
- Long-Term Resilience and Integration



Learning Environment
Classroom.



Course Length
8 Hour Course—
2 Scheduled
Breaks Included



Class Size
Max 20.



Credit Hours
Earn 0.7 CEUs
upon full course
completion.

OUR CERTIFICATIONS

Unique Entity ID: PHHWWNNITRT5
CAGE Code: 4WTS1
Certification

- Accredited CEU Provider by IACET



Provider# 1005781

FOR MORE INFORMATION



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