



## Training Course Information Form

### Course Information

**Course Name:** Work Stress Control

**Institute/Centre:** Port Training Institute **Course Code:** M13

**Type:** ☒ Program ☐ Course ☐ Workshop

**Course Duration:** ☐ 5 Days ☒ 3 Days ☐ 1 Days ☐ Other

**Course Conducted:** ☒ Local ☐ International **Indicate: A.R.E**

**Course Venue:** Anywhere

**Course Language:** ☐ English ☐ Arabic ☒ Both ☐ Other

### Course Description

#### Course Outlines:

1. Stress - the concept and the symptoms and effects.
2. Sources of stress.
3. Methods of prevention of pressure and deal with it.

#### Course Objectives:

- Inform Participants On The Reasons And Circumstances That Lead To Pressures At Work And Analysis, And Study The Effects And Results On The Performance Of Work, How To Deal With Stress And Reduce Their Effects.

**Course Includes:** ☒ Theoretical ☐ Fire Training Module ☐ Laboratory  
☐ Workshop ☐ Site Visit

**Course Prerequisites:** Not Required

**Who Should Attend:** All Departments

**No. of Participants/Course:** ☒ 5-10 ☐ 10-15 ☐ 15-20 ☐ Other

#### Qualifications of Participants:

- Collage Certificates

**No. of Lecturer:** ☒ 1 ☐ 2 ☐ 5

**No. of Assistance:** ☐ 1 ☐ 2 ☐ 3

### *Course Facilities*

☒ White Board    ☒ V. Projector    ☒ Data Show    ☒ PC    ☐ Manual  
☐ Books    ☒ Handouts    ☐ Flip Charts    ☐ S/W    ☐ Other

### *Course Evaluation*

☐ Written Examination    ☐ Written Report(s)    ☐ Oral Presentation    ☒ Attendance  
☐ Delegates Participation

### **Certificate Issue:**

☐ Local Premises    ☒ AASTMT    ☐ International

### *Course Registration*

☒ Admission and Registration

Department at the Port

### **Registration:**

Training Institute

☐ Online

☐ Other

Beside Gate No. 27 - Outside

Customs Area, Alexandria Port

### **Documents Required:**

☒ Registration Form

☒ ID/Passport Copy

☒ Photo