



Developing Leadership Competencies

10. STAMINA/STRESS RESISTANCE-cont.



friend or family in the definition.

- Use stress management techniques such as exercise, meditation and nutrition to manage your own stress levels.
- Focus on taking action in areas where you have indirect or direct control; stop focussing on areas over which you have no control.
- Do not allow yourself to become abusive or hostile - you may have to make an extra effort to guard against this when you are under stress or providing negative feedback to subordinates. Challenge yourself on how effectively you are delegating and sharing ownership of your team's mandate.
- Face the truth. Identify the causes of your current stresses by examining your own behaviours and seek advice from an objective source.

Public Service Courses

- Managing Stress Effectively
(T013 - Training & Development Canada)
- Planning For My Retirement
(D007 - Training & Development Canada)
- Stress Time Out (0103 - Statistics Canada)
- Managing Personal Performance
(Building Resilience and Autonomy) (CCMD)
- Management of Time (0511 - Statistics Canada)
- Managing Your Time (T605 - Training & Development Canada)

Books

- ***Lighten Up: Survival Skills for People Under Pressure,***
C.W. Metcalf (Perseus, 1992)
- ***How to Stay Cool, Calm and Collected When the Pressure's On: A Stress Control Plan for Business People,***
John E. Newman (AMACOM, 1992)