

Managing Stress

COURSE CONTENT

Defining and Identifying Stress

- What is meant by 'Stress'; positive and negative stress
- Impact of stress-related illness and stress-related absence
- Types of stress
- Causes of stress
- Symptoms of stress; how to recognise them in yourself and others
- Early warning signs

Preventing Stress

- Tackling the root causes of stress
- Personal responsibility; responsibility for others
- Stress-prone and stress-resilient individuals
- Creating and maintaining the right work culture and environment
- Managing others without causing stress
- Personal stress prevention techniques

Dealing with Stress

- Personal stress management and stress reduction techniques
- Supporting colleagues under stress
- When to refer to HR, specialist counsellors or health professionals

COST

- Cost: (Group size of 8-12 people) £1550 per day exclusive of VAT and travel / accommodation

