

MANAGING WORKPLACE STRESS

Aim:

To learn how to recognise stress at its early stages in ourselves and in others, and to explore tools, techniques and attitudes for developing a positive approach to managing stress.

Objectives:

By the end of the course participants will have:

- Agreed what they mean by stress, as individuals and as a group
- Understood some of the major causes and symptoms of stress
- Identified key stressors and stress relievers
- Created a Personal Stress Management Action Plan

Numbers: 12 maximum

Duration: 1 day

Style: Relaxed, confidential, using group work and input

Suitable for: Individuals wishing to prevent stress; those feeling the early effects of stress; managers wishing to understand how to help others cope with stress.

STRESS MANAGEMENT – course descriptor

A vital course both for individuals and managers keen to be proactive about the issue of tackling work based stress. This course covers stress factors and coping mechanisms, plus simple relaxation techniques.