

1 DAY COURSE

STRESS MANGEMENT TRAINING

Managers with the responsibility for the health and wellbeing of staff or for those who want to manage issues of stress more effectively.

Comply with the legislation by implementing strategies to reduce stress at work..

Help reduce absence at work by dealing more effectively with stress



COURSE OBJECTIVE

To provide managers with a legal understanding of stress and its effect on the business. To develop skills in evaluating stress and identifying staff at risk. To understand how to reduce stress and ways to support individuals effectively.

COURSE CONTENT

This course covers the legal requirements of stress and its impact on both the business and on the individual. Understand what is involved in a risk assessment and ways to identify and minimise the problems of stress. Explore the causes of stress including demand, workload, staffing, work patterns, communication and the work environment and the effects on an individual physically and psychologically. Develop appropriate strategies to reduce work related stress and identify useful support services.

WHO SHOULD ATTEND

This course is designed for those with responsibility for the health and wellbeing of others. It is suitable for Line Managers or individuals responsible for staff in any organisation. Delegates should have good writing skills, and be able to communicate well to staff.

COURSE PROGRAMME

Legal requirements	Introduction to the the legal framework of managing stress. Health & Safety At Work, DDA, Working Time Directive, Appeal Court Decisions.
Stress management standards	What are the hazards, who are affected, how to assess the risks and record the findings. Evaluating risk assessments and implementing changes
Business Impact of Stress	Collecting data about people and the processes. Looking at existing data from absence, turnover, grievances, disputes, and performance.
Understanding Stress	Understand the causes of ill health from stress from relationships and work organisation and the effects on an individual's physical, mental, and behavioural performance.
Stress management & Stress resilience	Managing stress in the workplace. Consider the effects of business strategies on stress - pressure v performance, operational pressures & environmental pressures
Case Studies & implementation	How to manage stress at work. What can you do and what support is available to help staff - training programmes, occupational health, staff forums, appraisals.

Make sure you understand how to deal with Stress!
BOOK YOUR PLACE ON THE STRESS MANAGEMENT
ONE DAY COURSE TODAY.

Call now on: 0845 450 7316



WorkFuture Nottingham
Mercury House
Shipstones Business Centre
New Basford
Nottingham. NG7 7FN
e: info@workfuture.co.uk
t: 0845 450 7316