

1/2 DAY COURSE

Stress Awareness Training

Improve the wellbeing of staff with Stress Awareness Training.

Comply with the Legislation and help prevent ill health from stress.

Help your staff to understand the causes + effects of stress and learn new ways to cope better.



COURSE OBJECTIVE

This course is aimed at improving the wellbeing of employees by providing information on stress and techniques to managing stress better. It is full of practical advice that will increase your staff's knowledge and awareness of the impact of stress and how to deal with it.

COURSE CONTENT

This course covers the causes of stress and the effects of stress on individuals, including the physical, mental, emotional and behavioural changes that can occur. The course will explore the triggers of stress both at work and at home and to help understand the impact our lifestyle has on our wellbeing. Most importantly the course covers practical ways to make us more resilient and better able to cope in today's world

WHO SHOULD ATTEND

This is a course for everyone from administration staff to managers, including HR and H+S. Anyone who feels they would benefit from improved wellbeing. Anyone who wants to make changes to improve their wellbeing

COURSE PROGRAMME

The affects of stress on the body	Understand the causes of stress and how it affects the body both physically, mentally and emotionally. What are the signs and symptoms of someone suffering from stress,
What can cause stress in our life?	What are the triggers for stress in our life, relationships, financial, work demands and home life. How to recognise what affects us and what we can do about the causes.
Work Issues that affect us.	Behavioural changes associated with stress. Support at work, the role of supervisors and colleagues. What can be done at work to reduce the impact of stress?
Lifestyle factors that add stress	Lifestyle factors associated with stress. Understand how our lifestyle aggravates feelings of stress and identify changes that can help you to be more resilient.
Improving your ability to cope	Learn techniques that improve our ability to cope with stress. The role of exercise + diet. How to improve sleep quality? Relaxation techniques as a practical session
Individual stress plan	Develop a personal stress strategy using the information gained in the course. Questions + Answer Session

Make sure you understand and comply with the law!
BOOK YOUR PLACE ON THE STRESS AWARENESS
TRAINING HALF-DAY COURSE TODAY.

Call now on: 0845 450 7316



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