



Stress Awareness

Overview

Stress at work is one of the main challenges affecting workforces of all industries today. The affect of stress is often visible in the reduction of productivity and efficiency in the workplace. This course designed to highlight the factors that cause stress both in and out of the workplace, and discuss methods of management in order to provide delegates the tools to identify stress and manage its effects.

Who Should Attend

Those who are required to either manage people or work within busy work environments. This course is of relevance to both managers and employees alike.

Aims

To give delegates a comprehensive understanding of stress symptoms, indicators and methods of management, control and prevention.

Objectives

- To recognise likely sources of work related stress 'Stressors'
- To recognise likely sources of non-work related stress
- To raise awareness of legislation and case law which apply to stress in the workplace.
- Increase understanding of symptoms of stress and early indicators.
- Identify the options available for preventing and controlling stress.

Content

- Introduction
- Safety Arrangements
- Defining stress
- Symptoms and Indicators of Stress
- The physiological effects of stress
- Methods of assessing stress
- Stress reducing methods

Certification

An attendance certificate will be issued to all delegates

Number of Delegates

Suitable for up to 15 delegates.

Course Duration

0.5 day. Normal timings (0915 – 1230)