



Managing Stress in the Workplace

"Stress is simply the adaptation of our bodies and minds to change; and change, as we noted, is about the only constant left in the workplace."

- Peter G. Hanson, M.D.

Learning with a difference...

Benefits

- Increase knowledge of the relationship between stress and performance
- Recognise the benefits of managing stress in the workplace to both the employer and employee
- Identify potential causes of stress in order to assist in the prevention of stress in the workplace
- Understand the benefits of a risk management assessment where stress is concerned, and how to complete one if required.

Course content

- Explore the basic physiology of stress and the relationship between stress and performance
- Understand the 6 Health and Safety Executive's Management Standards
- Learn how to implement a Risk Assessment process for employees suffering with stress
- Consider the benefit of return to work plans
- Discover how to recognise the causes and symptoms
- Examine ways to prevent and handle work related stress
- Discover positive holistic approaches to stress

Course overview

Each of us is responsible for reducing stress in ourselves, but as a manager there are additional legal responsibilities you need to be aware of when looking after the health and well-being of your people.

This essential course explores what managers need to know and do to minimise stress risks at work. It also takes account of stress related legislation and recent Health and Safety Executive initiatives.

You will learn how to recognise stress and identify the causes. Examples of return to work plans will be explored to consider how a flexible, supportive approach can benefit both employer and employee.

Discover a range of holistic and practical actions that managers can take to improve the demands made upon employees that can bring about stress.

Duration

1 day
9:30 - 16:30

Refreshments are provided throughout the day.

Book Now

Call our Sales team on
01295 253253

Experience our tried and tested training methods; have fun while you learn and most importantly - apply what you have learnt in the workplace with free support service after you have completed your training!

"Managing stress is an ongoing process"

- Pamela Edwards

Other courses we offer

- Managing People Effectively
- Data Protection Act
- Time Management with Outlook

What our customers say about our courses

"The trainer was very approachable and made the course worthwhile"

"I learnt so much and had a great day as well"



People Productivity &
Specialist IT Training



Trelawn House, 34 North Bar
Banbury, Oxfordshire, OX16 0TH
Telephone: +44 (0)1295 - 253 253
Fax: +44 (0)1295 - 253 255
Email: sales@baselinegroup.co.uk