

Stress Management

Duration:

One day

Objective

Over 105 million working days are lost due to stress each year, costing UK employers £1.24 billion. You can significantly improve working life for 20% of your staff, with all the knock-on benefits of reduced absenteeism and lower turnover. The aim of this course is to enable delegates to examine the causes of stress and its impact on productivity - both their own and their team members. We help delegates explore a range of techniques to help manage stress positively including: -

- Learning how to say 'no'
- Avoiding people who stress you out
- Taking control of your environment
- Avoiding hot-button topics
- Paring down your to-do list

Contents

By the end of this course, each delegate will be able to:

- Assess their own stress levels and identify the common causes in the workplace and at home
- Identify the most common effects of stress on their quality of life
- Learn a number of relaxation techniques to reduce the negative effects of stress
- Identify the areas of stress in their life where they can take control of some of the causes of their stress and plan a positive course of action
- Introduce some tactics designed to sustain a long term positive mental attitude
- Turn positive action into positive habits
- Turn setbacks to their advantage
- Take personal responsibility for managing their stress

Who should attend

Individuals who want to improve their personal effectiveness and enhance their health & happiness by applying simple stress management techniques.

Course benefits

- Learn how managers and individuals can manage stress positively at work in order to improve performance
- Appreciate the impact of too much and too little pressure and the cumulative effect of life-changing events
- Practice goal planning, prioritising and managing time more effectively
- Identify ways of improving team performance by managing stress

Additional information

This course will assist delegates in identifying the negative symptoms of stress and help them learn how to manage stress pro-actively - improving both their own and the performance of others.

Certificates

All delegates who successfully complete this course will receive a certificate of attendance.

Trainers background

The trainer for this course has extensive experience in design and delivery of stress management training. They have been successfully delivering training to both public and private sector organisations for over ten years and previously held a number of

senior management positions in industry.