

Understanding Stress

A full day course

Overview

This course raises awareness and understanding of stress issues, enabling managers to understand their responsibilities in assessing and managing stress.

It will explain how to do individual stress awareness tests



Course structure

The course is interactive containing individual and group exercises as well as case studies.

SECTION 1

- ❑ What is stress and what is stress management?
- ❑ The effects of stress
- ❑ Recognising the effects of stress
- ❑ How stressed are you?
- ❑ Case Study

SECTION 2

- ❑ Causes of stress
- ❑ How to minimise stress in the workplace

SECTION 3

- ❑ Seeing stress in others
- ❑ Analysing personalities
- ❑ Helping others
- ❑ Take action at home

Cost: £450 per delegate

Various dates available either in-house or in Witney Oxon.