

Managing Stress for Managers

Overview:

This course is suitable for managers, team leaders, human resources, occupational health, health and safety to understand the causes and the impact of individual and organisational stress. Gain an understanding of the current legal framework of stress and how to implement the Health and Safety Executive Management Standards for Work-related Stress. Learn how the standards can motivate staff and how to deal with stress and stress-related issues effectively. Includes overview of reasonable adjustments and return to work interviews.

Outline Programme:

- Explain the importance of managing stress
- Describe the impact of stress and the factors at work
- Identify early signs of stress, its impact and when to take action
- Explain HSE and Legal implications
- Describe guidance on interventions for work-related stress at an organisational and an individual level
- Understanding and supporting the return to work process
- Demonstrate ways to lead and promote a resilient and healthy lifestyle

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

- Understand the importance of managing stress and the impact of stress and stress-related conditions
- Recognise early signs of work-related stress and its impact
- Explain HSE and Legal implications
- Understand the HSE Stress Risk Assessment process
- Understanding of return to work, rehabilitation and support of an employee who has been absent with stress
- Be confident to speak to an employee with stress
- Be confident to lead a more resilient and healthier team

The course is interactive and includes group discussion, role play, exercises and practical work. Numbers are limited to keep groups small. Can go towards your CPD.

Other suitable courses: IIRSM approved Stress Risk Assessment, Stress Awareness, Assertiveness and Confidence Building, Goal Setting & Motivation, Mental Health Awareness