



Stress Awareness for Managers



iirsm

APPROVED TRAINING
Dec 2017 - Dec 2020

Overview:

This IIRSM approved half day course raises awareness of the likely sources and causes of stress. It is an introduction to how effective management can manage and reduce stress. It will enable participants to identify stress in their staff and in themselves and be able to contribute to strategies which combat stress and become more stress resilient. Gain practical techniques to manage stress.

The trainer has an in-depth knowledge and understanding of stress within the workplace.

Outline Programme:

- Define and explain about managing stress
- Identify stress and stress-related conditions in your staff
- Identify Work-related stress and the impact
- Explain HSE and Legal implications
- Explain how to manage stress and how to support an individual

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

- Understand the importance of managing stress
- Recognise the impact of stress and stress-related conditions on your staff
- Identify Work-related stress and its impact
- Understand HSE and Legal implications
- Understand how to manage stress effectively

Suitable for Managers, Team Leaders, HR and those with an interest in helping to reduce and manage stress within their organisation.

The course is interactive and includes group discussion, full explanations, real life case studies, exercises and practical work. Numbers are limited to keep groups small.

Other Courses:

IIRSM approved Stress Risk Assessment
IIRSM approved Managing Stress for Managers
IIRSM approved Stress Awareness
Developing Personal Resilience
Building Resilience

Comments from previous courses - 'Be more aware of stress signs and symptoms' HR Manager. 'Really enjoyed the course and will be very helpful back at work' Council.

To book or for more information:

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