

STRESS MANAGEMENT (MANAGERS)



Introduction

Statistics reveal that over 13.5 million working days are lost due to stress, depression and anxiety each year. Research shows that 1 in 5 employees state that they find work very stressful.

Course Overview

This course will teach you what stress is and how stress affects your employees and your organisation.

At the end of the course, trainees will be able to:

- » Understand what work related stress is and how you can help you employees manage stress
- » Recognise the impact of stress on your employees; mental and physical
- » Identify the ethical responsibilities of stress, legal obligations and good business practices
- » Identify how to help your employees tackle stress and how an ideal work environment should be
- » Identify hazards, examine personal behaviours and report areas of concern.

Course chapters

1. Introduction

Identify the importance of managing your employees stress.

2. Impact of stress

This section covers tackling the causes of stress before it can lead to ill health.

3. Identifying stress

Discover who is affected by work-related stress and how it can impact your employees and organisation.

4. Resolving stress

Discover how to identify stress areas and how you can help your employees and organisation.

5. Risk assessment

Learn all about the five steps of conducting a risk assessment for your employees.

Who will it benefit?

This course will benefit managers who want to be able to identify work-related stress and reduce it's ill effects.

