

Stress Management

This one-day course for managers, HR professionals and health and safety professionals identifies causes and symptoms of workplace stress and remedial measures to combat them. This practical course is including scenario-based problem solving and risk assessment to enable to promote a proactive approach to stress management. This will help reduce work absence, which is frequently caused by stress-related conditions. With work related stress now high on the Health and Safety Executive's agenda, the benefits of a proactive approach to stress management rather than a reactive approach are being increasingly recognised.

Key Topics

- Understand what the term 'stress' means
- Understand the difference between pressure and stress
- Understand the symptoms of stress
- Be aware of the common individual and organisational causes of stress
- Understand the nature and benefit of a proactive approach to preventing and managing stress
- Carry out a basic stress risk assessment of an organisation
- Understand and undertake stress management surveys
- Understand the management control and support process for staff
- HSE management standards
- Identify ways to deal with personal stress
- The role of diet, exercise, and relaxation in preventing and managing stress.

Course Duration

1 Day

Course Cost

£475 for up to 12 Delegates

For further information please email training@greenleavesrm.co.uk



Health Safety Environmental

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