



**Please note** that this outline is only intended as a guide and that any event can be customised to suit you.

Events are run using a mix of trainer-led sessions, hands-on practice and group discussions.

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## **Stress Management**

**(1 day)**

*"Those who claim to 'thrive on stress' risk a curtailed career!"*

### **Benefits**

We live in a world full of pressure - a good motivator to take action. However, excessive long-term pressure can lead to a string of problems which affect health, reduce efficiency and impact the bottom line. We need to manage stress to be at our best.

### **Aim**

To consider your work situation & identify causes of stress so that you can implement practical strategies for dealing with it, and hence keep calm & positive when the pressure is on!

### **Objectives**

By the end of the training you will be able to...

- Describe what work-related stress is and its impact on business
- Recognise the symptoms of excessive stress
- Employ effective techniques for dealing with stress
- Understand the principles behind a successful work-life balance

### **Content\***

- What is work-related stress & why is it bad for business?
- Assessing your exposure & reaction to stress at work
- The moral duty of employers and the impact and implications of related legislation, (including Company policy\* and Health & Safety)
- How to recognise the symptoms of excessive work-related stress
- Practical steps to achieving a healthy work-life balance
- Proven ways for dealing with stress, (including relaxation techniques, self-talk & the use of assertiveness)
- Three successful approaches to stress management - problem centred, employee centred & well-being
- Related management responsibilities, (including absence management & occupational health)
- Identifying opportunities for positive changes in the way you work

\*The emphasis of the course can be altered to accommodate those who need to design & implement a Stress Management policy.