

Stress Management

Written by Administrator

Monday, 21 February 2011 14:48 - Last Updated Friday, 25 March 2011 17:39

The aim of this workshop is to enable you to improve your personal effectiveness by giving you a better understanding of how to prevent stress in the workplace and recognise stress in self and others.

Who should attend?

Any manager, or member of staff who would like to improve their stress management ability and help others to do the same

Benefits:

By the end of this workshop you will be able to:

- Give a definition of stress
- Recognise the causes, signs and symptoms of stress
- Identify long, medium and short term coping strategies and ways of managing stress
- Explore actions to reduce the effects of stress in the workplace stress in yourself and others

Course Overview:

- Identifying the causes of stress
- The emotional, behavioural and physical effects of stress
- Identifying your stress levels and type
- Methods of coping with stress
- Helping others to cope with stress
- Action planning

Style of the Course:

The course is highly active and participative. During the workshop participants undertake activities, exercises and discussions to help them put what they learn into practice

Course Length:

One day workshop 09.00 to 17.00 with an hour for lunch.

We can run this course for you in-company at favourable rates for 4 or more people. Please

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contact us on **01628 526535** or info@thestairway.co.uk