

## Introduction

Stress is the single largest cause of occupational ill health, accounting for around half of all days lost to work-related ill health. (HSE Aug.2006)

Attending the workshops will provide managers with the tools they need to improve efficiency and productivity tackling one of the key causes of work-related ill health.

*If you are stressed by anything external, the pain is not due to the thing itself but to your own interpretation of it; and this you have the power to revoke at any time.*

*Marcus Aurelius*

## Who Should Attend

Anyone who manages people, (e.g. senior managers, line managers, team leaders), those with an interest in how to manage employees experiencing stress (e.g. HR, Health and Safety, Occupational Health, Trade Unions)

## Managers will learn

- What is stress is and the risk it presents
- The causes of stress
- Recognising the symptoms - increased awareness of what to look for within people and the organisational systems needed to pick up stress-related problems
- What to do when it becomes apparent that someone is under stress - how to generate options that minimise stress risks
- Understanding of the key legal issues involved
- What to do to prevent stress-related litigation and avoid HSE Improvement and Enforcement Notices
- Stress Management techniques managers can use to manage their own stress

## Content Summary

### Morning

- Introductions and purpose of the day (including individual expectations)
- What is stress and what causes stress
- Legal implications of stress including the HSE definition of stress and HSE Management Standards
- How to recognise stress (1¼ - 2¼ hr activity)

### Afternoon

- Strategies for managing stress – short and long term (approx 2¼ hr activity)
- Improved awareness of relevant policy and support structures within your organisation
- Generating good options and producing an action plan
- Summary

## How to book

Call the office on **023 9225 5232**

E mail [training@thecoachingworks.co.uk](mailto:training@thecoachingworks.co.uk)