

Stress Management Skills Programme

How sponsors and attendees benefit

Low morale, high absenteeism and staff turnover result from stress at work. It is estimated to be costing UK businesses over £1 billion a year. What is it costing you?

This programme has been specially designed by Human Factors experts with many years experience in the stressful aviation and military environments.

It covers:

- What leads to stress
- What stress looks like
- How to deal with it
- How to avoid it.

A simple and practical approach that will rapidly reduce the stress experienced in your workplace.

“Refreshing- especially as the training was so relevant, and was easy to understand.

Found it all interesting, I've had a good bit of training and probably found this the best. I think it will benefit al in the work place and beyond”. Lynsey Scannell

More details...

To help participants to recognise sources of stress at work and in themselves; to be aware of the short and long-term consequences of stress; and to be able to take the necessary steps to maintain personal safety while still meeting their performance standards.

THE OBJECTIVES

By the end of the session participants will be able to:

- Describe the symptoms of personal stress and strain.
- Explain remedial actions that can be taken to ensure that neither they, as individuals, nor those they spend today working with suffer as a result.
- Describe ways of handling stress.
- Develop personal plans to control stress and minimise the effects of stress.
- Participants will have identified personal strengths and weaknesses and have determined a plan of action to eliminate weaknesses and build on strengths.
- Learn to monitor stress in your life.
- Monitoring your reactions to stress.
- Recognising your stress symptoms.
- Regulate your stressors in life.
- Problem focused coping skills.
- Action focused problem solving.
- Emotion focused coping skills.
- Summary - tips for decreasing stress.
- 30 day challenge for Stress Free Life

Format is a mixture of:

- Theory
- Group discussions
- Exploration of practical and relevant issues
- Development of Action Plans
- Experiential activities
- Post attendance work
- Pre and Post Course work options
- Post attendance Tutor support
- Individual and Group activities
- Personal Action Planning
- Follow up support options

Relevant audience:

- Senior Managers
- Team Leaders
- Supervisors
- First Time Supervisors
- Business owners

Timing: 1 or 2 days

Numbers: 5-50 Open courses or exclusive to client organisation only