

Managing Workplace Stress

Learning outcomes

Delegates will:

Identify the causes of workplace stress and plan counter actions to minimise the effect

- ▶ Causes and effects of stress
- ▶ Recognition of symptoms of stress in self
- ▶ Setting objectives and priorities to balance personal and organisational needs
- ▶ Time management techniques
- ▶ Delegation techniques
- ▶ Stress reduction therapies
- ▶ Sources of support
- ▶ Assertive communication

Describe the HSE Management Standards and identify actions to take in the workplace

- ▶ Management responsibilities related to workplace stress
- ▶ Causes and impacts
- ▶ Communication methods
- ▶ Causes of conflict and interpersonal friction

“The aspects of things that are most important for us are hidden because of their simplicity and familiarity.”

Ludwig Wittgenstein

Who is this for?

Anybody who has to manage personal stress levels and also managers wishing to understand how to be legally compliant.

Workshop style

- ▶ No yoga!
- ▶ Case studies and exercises
- ▶ Lively and interactive

Impact on the organisation

Personal action plan showing how actions will impact on the organisation.

Evaluation

Self assessed skills ladder one month after the course.

One day course

Regional venue