



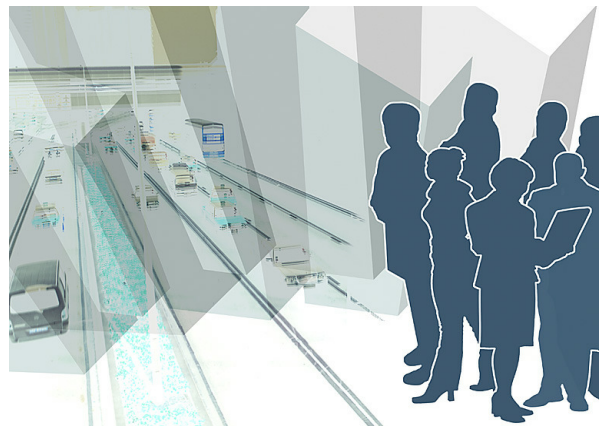
**Your Stress Management**

Helping to prevent stress and improve wellbeing

Your Stress Management - Wellbeing - Training - Consultancy

## Stress Management for Managers

**For Managers and Team Leaders  
on how to Understand, Prevent and  
Manage Stress.**



## Course Title: Managing Stress

### Overview:

This course is suitable for managers to understand the causes and the impact of individual and organisational stress. Gain an understanding of the current legal framework of stress and how to implement the Health and Safety Executive Management Standards for Work-related Stress. Learn how the standards can motivate staff and how to deal with stress and stress-related issues effectively. Managers are given guidance on return to work interviews.

### Outline Programme:

- Define work-related stress – the causes and symptoms.
- Explain the legal aspects of work-related stress.
- Explain HSE Management Standards for work-related stress.
- Describe HSE risk assessment approach.
- Identify guidance on interventions for work-related stress at an organisational and an individual level.
- Explain how to effectively manage an individual's return to work/rehabilitation.

### By the end of the course each delegate will be able to:

- Explain what is meant by work-related stress and its impact in the workplace and on the organisation
- Understand legal implications and HSE Management Standards
- Explain how to manage and identify stress effectively
- Understand how to be aware of the impact of stress within the workplace
- Describe a Stress Policy
- Develop an Action Plan

The course is interactive and includes group discussion, full explanations, exercises and practical work. Numbers are limited to keep groups small. Can go towards your CPD.

Duration: Full day

### To Book:

Phone: 0141 416 0779 or book online

E-mail: [info@yourstressmanagement.co.uk](mailto:info@yourstressmanagement.co.uk)

[www.yourstressmanagement.co.uk](http://www.yourstressmanagement.co.uk)

Other suitable courses: Stress Risk Assessment

