



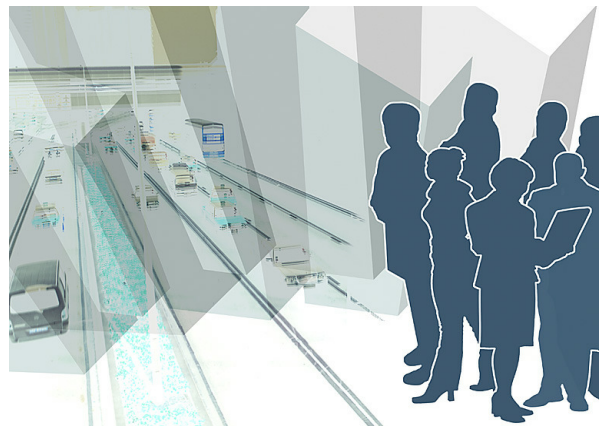
Your Stress Management

Helping to prevent stress and improve wellbeing

Wellbeing - Training - Consultancy - Risk

Stress Awareness and Wellbeing

**An introduction to stress and how to
prevent it and improve wellbeing**



Course Title: Stress Awareness and Wellbeing

This course raises awareness of the likely sources and causes of stress. It is aimed at all staff and is also an introduction to the issue for more senior staff and will enable participants to identify stress in themselves and others and be able to contribute to strategies which combat stress and become more stress resilient. Gain practical techniques to manage stress.

Course Objectives:

- Definitions of stress
- Explain causes and signs of stress
- Identify workplace stressors
- Explain Legal and Health and Safety implications
- Describe techniques for work-related stressors
- Explain how to become resilient to stress

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

- Explain what is meant by the term stress and pressure
- Explain the importance of controlling stress in the workplace
- Explain stress-related factors in the workplace
- Identify stress in colleagues and themselves.
- Identify how to improve wellbeing
- Develop an action plan

Duration: half-day

Training methods used:

Trainer presentation; power point; flip chart; group discussion; small group/pairs work; practical exercises; handouts and workbook.

The course is available as an open course and can be delivered on your premises. For more information and to book, please contact us.

To Book:

Phone: 0141 416 0779

E-mail: info@yourstressmanagement.co.uk,

www.yourstressmanagement.co.uk



Booking Form

Course title:

Location:

Name

Address

Organisation

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Post Code

Email:

Phone No.

Mob:

Please tick below as appropriate.

- I would like to book () place(s)

for the above course and enclose a cheque, payable to YSM for the amount of £.....

Invoice against Purchase Order No.....

Please let us know of any dietary or special requirements

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For more information or to book please email: info@yourstressmanagement.co.uk or telephone 0141 416 0779.

Please return completed form and cheque to:

J. Smyrl, YSM, 11 Duthie Park Gardens, Glasgow G13 1GB

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