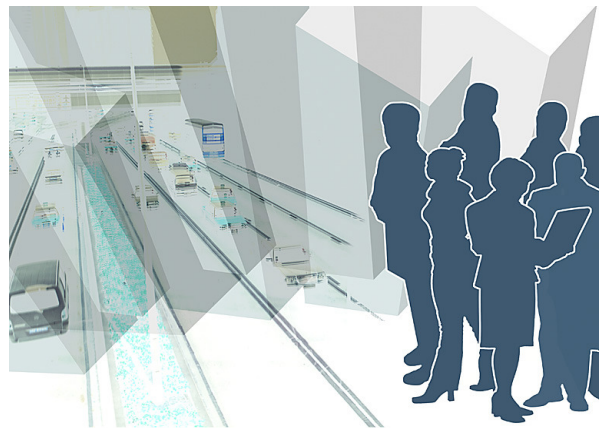


Stress Management for Managers

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



Course Title: Stress Management for Managers

Overview:

This course ensures that managers are able to understand the causes and the costs of organisational stress. They will gain an understanding of the current legal framework of stress and how they should implement the Health and Safety Executive Management Standards for Work-related Stress. They will learn how the standards can motivate staff and how to deal with stress and stress-related issues effectively. Managers are also trained to carry out an Individual Risk Assessment and 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 HSE Management Standards approach to carry out an individual risk assessment.
- 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
- Explain how to carry out an individual risk assessment.
- 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: 07899 756809 or 0141 954 4064

E-mail: info@yourstressmanagement.co.uk

