



PURPOSE OF THE PROGRAM

The course will enable participants to consider the management of workplace stress at an individual and organisational level, and will help participants develop and implement effective strategies to prevent and manage stress at work.

You will discover opportunities to relate the work environment, and to consider a range of practical stress management techniques that can help employees.

PROGRAM OUTCOMES

Identify the costs and benefits of dealing with stress

Define what stress is and to recognise the signs of stress

Personal stress management strategies and techniques

Legal obligation of the employer to reduce work-related stress

Main work areas that can lead to stress and identified ways to address work-related stress throughout the organisation

Critical role and skills of an effective manager of stress in the workplace

PROGRAM OUTLINE

Self-Awareness.

Self-Management.

Relationship Management.

TARGET GROUP

For employees to raise employee awareness of their personal stress levels and to help manage stress more effectively.

For team leaders, supervisors and line managers who wish to reduce and manage work-related stress.