

CONTROLLING STRESS AT WORK

COURSE OVERVIEW

Stress is a normal feature of the human experience, whether at work, or at home. The harmful effects of prolonged stress are loss of motivation, exhaustion, and potentially serious mental and physical health problems.

Do you feel overloaded at work? Do you feel that you lack control over your work experience, and that you do not have the support to change things? Do you feel that your stress levels are increasing and your health is suffering? Are your employees showing signs of stress: arguments, depression, dissatisfaction, absenteeism? If so, then this course will help you take steps to reduce your personal stress at work, and the stress experience of your team members..

You will examine the stress factors in your workplace, and learn a range of techniques to improve how you approach and manage work schedules, manage relationships with your team and colleagues, and how you can build up a strong personal stress defense foundation. You will also learn how to recognize stress in your people, and to provide, or seek appropriate types of support.

COURSE CONTENT

The content of this course includes:

- The Biology of Stress
- Understanding how stress affects your life.
- Identify your Work Stress Profile
- Understanding the effects of stress on your people
- The Role of the manager
- Using the 3 A's approach to Managing Stress
- Taking Control at Work
- Managing Environmental Stress
- Working with Powerful people
- The Power of Positive Thinking
- Setting up Stress Defenses
- Using Relaxation Techniques to cope with stress
- Diet Sleep and Exercise - creating a low stress lifestyle
- Management Competence and Managing Stress
- The Role of the Organization in Managing Stress

Suitable For: Supervisors and Managers

Course Duration: 8-10 Hours

Course Access Duration: You will have access to your course for 90 days from date of purchase

Certification: Completion Certificate

Delivery: On-line

Resources: Comprehensive Learners manual, additional articles and worksheets

ILM Equivalence: M3.15 – Understand Stress Management in the Workplace (1 Credit)

Fees: £79