COURSES

WORK-RELATED STRESS MANAGEMENT

Anyone involved in supervising staff has

A duty to manage

Work-related stress

Proper training can help managers and supervisors understand their role in avoiding, reducing and controlling the health risks of work-related stress

Course objectives

This one-day course is designed for employers, managers or anyone responsible for supervising staff or for tackling stress in the workplace. The course is also relevant to anyone wishing to understand the legal and management issues surrounding stress in the workplace.

A combination of training and learning methods is used in the course. Informal lecturing, group discussion and group work provide opportunities to learn and share ideas with other delegates.

Course content

The course programme is detailed overleaf and includes:

- What is stress?
- Consequences of stress
- Sources of stress
- Why take action on work-related stress?
- Policy on work-related stress
- Principles of prevention for work-related stress

Who should attend?

The course is ideal for people who are concerned with or who have responsibility for managing stress at work, including:

- Directors
- Managers
- Supervisors
- Team leaders
- Occupational health professionals
- Human resources professionals
- Safety professionals/representatives

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Course Programme

What is stress?
Definitions

Consequences of stress
Adverse consequences for individuals and organisations

Who experiences stress?
Scales of occupational stress

Balance, boundaries and life events
Demands/stresses and coping mechanisms

Sources of stress
Individual and work-related stress

Current or emerging causes of stress
Contemporary issues leading to stress

Why take action on work-related stress?
Legal, economic and ethical considerations

Taking action on personal stress
Twelve key actions

Taking action on work-related stress
Risk assessment and risk factors

Support for those experiencing work-related stress

Policy on work-related stress
Developing and implementing the policy

Principles of prevention for work-related stress

Building a business case for addressing work-related stress