



NewGrange

TRAINING & SERVICES LTD

Better People, Better Business®

Workplace Stress Awareness

This half day course deals with the issue of work place stress on a more introductory level and covers an introduction to stress, how to identify stress and reduce the impact it can have on performance.

The management of stress at work is becoming an important issue for all UK organisations. Whilst the correct amount of "pressure" can stimulate for success, and for many individuals the consequences can lead to sickness, absence and poor performance at work, affecting your business as a whole.

Course Objectives

On completion of this course, delegates will be able to:

- Recognise the symptoms and causes of stress
- Understand how stress can occur
- Understand what is required for effective management

About the tutor

Our tutor - Mrs Sally Southall has a Diploma in Organisational Stress Management and has many years experience within both the public and private sectors. Sally is a practising Occupational Health & Safety Officer, working closely with one of the UK's largest public organisations specialising in Work Related Stress Management and Counselling.

Course Programme

Introduction to Stress

What is Stress and why is it an issue?

How Stress occurs

Good and Bad Stress

Causes and Risks of Stress

Signs of Stress

Consequences of Stress

FACTS:

- Estimated 563,000 individuals in Britain suffering from work-related stress, with a further 80,000 reporting work-related heart disease
- Estimated 7,419 new cases of mental ill health in 2001 with over 80% of these categorised as work-related stress
- 13.5 million working days lost in Britain in 2001
- A survey by the Institute of Management showed that 16% of managers had taken time off work because of stress in the last 12 months
 - Cost to employers about £353-£381 million

Source:
Home Office Statistics

Course Location: On-Site at your premises

Course Duration: 1 Half Day (date & course time to suit you)

No. of Delegates: 12 delegates max

Delegates receive:

Course Notes, Training Certificate, folder and pen.

Around half a million people in the UK report that they have experienced work-related stress, anxiety or depression at a level that has made them ill. Too many working days are lost due to stress, and it is for this reason that the European Commission has made the prevention of stress a priority programme.

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