

A Manager's Guide to Stress at Work

This session has been written for managers who are concerned about the impact that stress may be having on their employees and who benefit from developing their knowledge around stress, including how to support members of their team.

Practical in tone, the programme is balanced between theory and practice.

Programme objectives

By the end of this programme, delegates will be able to:

1. Define what stress is
2. Identify the potential causes of stress
3. Understand the physiological and physical symptoms of stress
4. Identify early warning signs of not coping
5. Plan and hold sensitive conversations
6. Signpost to internal and external support resources.

Further information

The workshop is very participative and draws on the experiences of delegates. Its emphasis is on understanding how people move from coping to not coping and developing relevant and practical solutions.

Duration: Half day