

Handling Stress At Work – A Guide For Managers And Staff

Course length: 1 hour*

Course Code: 103080BT017

This course explores both the causes of workplace stress and a wide range of stress-reducing initiatives

Benefits for the Learner

Work-related stress can affect all types of people, in all kinds of jobs and from all social backgrounds. The effects can range from short-term depression and anxiety to long-term incapacity.

This course gives you new skills to reduce the risk of stress happening in the work place and techniques to recognize the causes and deal with the symptoms of stress when it does strike.

Benefits for the Business

The DTI estimates that stress costs British industry over seven million pounds every week in days lost, or in recruitment costs following stress-induced resignations.

This course will help your business to avoid these costs by giving staff techniques to recognise and deal with stress. It will also ensure that your managers are playing their part in tackling the problem by giving them new skills to create working conditions that minimize the risk of stress.

What Does the Course Cover?

- What is stress?
- The consequences of stress
- Recognising Stress in yourself and others
- The causes of stress
- Managing the causes
- Handling stress

How Long Does the Course Take?

You can work through this course at your own pace. It should take you around 1 hour to complete.

*Courses are accessible for six months from the date of purchase.