

Minimising Stress

Course length: 3 hours*

Course Code: 100594BT082

This course will help you to protect your team from the causes and effects of workplace stress.

Benefits for the Learner

It is your responsibility as team leader to protect those who work for you from the harmful effects of stress.

This course will give you new skills to use when a stress problem exists. You'll learn to recognise the symptoms of stress, the practical steps you can take to minimise the damage it causes and ways you can provide emotional support to your team during times of stress.

Benefits for the Business

Stress is infectious, debilitating and can spread rapidly through your business, damaging productivity, quality and staff morale.

It is in your own best interest that you equip your managers with the training and skills to recognise the symptoms of stress and the tools to take prompt remedial action to minimise the harmful effects it can have on your business.

What You Get From This Course

Having completed this course, you will be able to:

- Recognise the main causes of stress
- Understand the damage stress can do to individuals and organisations
- Tackle the causes of stress
- Provide your team with the support they need to cope with stress

What Does the Course Cover?

- Understanding stress
- Managing stress

How Long Does the Course Take?

You can work through this course at your own pace. It should take you around 3 hours to complete.

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