

MANAGERS MANAGING STRESS

Course overview

Managers Managing Stress has been specifically developed to meet the needs of managers who play an essential role in the reduction and prevention of work-related stress. The course is very practical and offers a variety of tools to support managers in preventing and dealing with stress. It takes account of changes in stress-related legislation and links closely to resources and frameworks provided by the National Standards of the Health and Safety Executive.

What Managers will learn

- A clear understanding of what stress is and the risk it presents
- Early identification of stress-related problems
- What to do when it becomes apparent that someone is under stress
- Understand the key legal issues involved
- How to minimise risk and create a good climate
- Understand the risk management process where stress is concerned
- How to complete a full individual stress risk assessment if required
- How to improve awareness of policy and support structures within their organisation

Course Content

- What is stress and what is stress risk management?
- Early identification of stress and stress-related problems
- Stress and the law, including HSE Management Standards
- Creating a good climate
- Stress prevention
- How to empower individuals and teams
- Strategies to minimise risk
- Stress scenarios, appropriate support and adjustments
- Individual stress risk assessment and management
- Personal support for managers
- Tools to help managers deal with stress more effectively

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