

Managing Stress in Yourself and Others

Stress is now widely recognised as the biggest cause of absence from work. Its affects can be identified both at work and at home. This workshop will benefit those who manage, or work with others, as it will identify stressors, both for themselves and others, and will provide realistic coping strategies.

Workshop content:

- Defining Stress.
- The difference between Pressure and Stress.
- How Stress can affect Individuals and Organisations.
- The physical symptoms of Stress.
- The mental symptoms of Stress.
- Identifying your stressors.
- Coping Strategies.

Workshop duration: 1 day