

Stress Management

What are the specific details?

Duration	Three hours.
Cost	£85.00 per person.

Stress not only affects the individual but potentially has a damaging effect on the organisation. Knowing how to recognise and deal with stress in the workplace will enable you to reduce the pressures on staff and colleagues and avoid unnecessary absenteeism.

Who is this course suitable for?

Suitable for learners with some awareness of this area who want to develop their knowledge to aid their employment opportunities and for those in employment as part of their continuous professional development.

Do I need any experience?

No. Our trainers have designed the workshop to give you all the information and training you need to develop your skills.

How is the course delivered?

The Business Solutions team understand how hectic life can be sometimes; it's for this reason that we're happy to customise this workshop for individual employers and ensure flexible delivery, either on your premises or at our Centre for Leadership.

What will I gain from this course?

Upon completion of this workshop you will receive a Certificate of Attendance and easy to follow hand-outs.

What will I learn?

This workshop will cover:

- Stress questionnaire – what is stress?
- Monthly health & safety check list
- Stress guidance and risk assessment for the organisation
- Identifying stress
- Causes of stress in the workplace
- Areas of work which particularly cause stress
- Effects on people and on the business

For further information, or enrolment, please contact Business Solutions on:

☎ (01903) 273 732

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🌐 www.northbrook.ac.uk/BusinessSolutions

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