

Stress Management

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.



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.

What if I can't fit it in?

The Northbrook 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 based at our Broadwater campus.

What will I gain from this workshop?

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

What will I learn on this workshop?

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

What are the specific details?

Price £85.00 per person
Duration Three hours

For further information on other workshops, please visit our website:

www.northbrook.ac.uk/BusinessSolutions

How do I enrol or get further information?

For group rates from £40 per person, or enrolment, please contact the Northbrook Commercial Services team on:

☎ (01903) 273 114

✉ business.solutions@nbcol.ac.uk

🌐 www.northbrook.ac.uk/BusinessSolutions

📍 Northbrook Commercial Services, Broadwater Road, Worthing, West Sussex, BN14 8HJ