



## **Stress Management for Managers**

**1 day course**

With stress related absence becoming known as “the new backache”, organisations are looking for ways to educate their management teams in managing stress, with the hope of reducing this trend.

This course aims to educate managers on what stress actually is, and the impact that it can have. Most importantly, this course will equip managers with the knowledge and skills to recognise stress early and deal with it before it becomes an issue for an individual and / or the team.

### **Style of delivery**

The course is highly interactive with plenty of scope for discussion, and for sharing experiences. Participants will go away feeling confident in their ability to manage stress in their teams and to share their learning with others.

### **Content**

The course will look at what stress really is, and different techniques for managing it. Participants will:

- Consider what stress really means – they will define stress and look at how it fits in with employer and manager responsibilities
- Look at the scale of stress related absences in the UK, and discuss the possible causes of the rise in such absences
- Learn to recognise the signs of stress in themselves and their teams, in order to be able to step in before it becomes an absence
- Consider the impact of stress on themselves and their teams
- Look at how to deal with the causes of stress, using the HSE 6 factors as a structure
- Look at the importance of feeling valued and how to impart this in their teams
- Consider management responsibilities and actions in relation to work related stress
- Consider the legal implications of not managing stress.

**To find out more or to book this course for your team, call us on  
01536 215240 or email [emma@gatewayhr.com](mailto:emma@gatewayhr.com)**