

Course HS6: Managing & Handling Stress at Work

COURSE DURATION:

60 minutes

TARGET AUDIENCE:

- Any worker displaying the signs of, or likely to be exposed to, stress at work

AVAILABLE IN:

- Audio
- Non-Audio

DELIVERED VIA:

- Intranet
- Internet
- CD Rom

Stress is now recognised globally as a condition that can affect all categories of workers, in all types of jobs and living in all types of social environments. It is also recognised as a major contributor to behaviour change, psychological dysfunction and serious health problems.

Stress, therefore, can have a major impact both on people's lives and the company bottom line. This course will enable managers and staff to handle stress and reduce the human and economic costs to the business.

Course Content

- Understanding stress
- The consequences
- Recognising the symptoms
- The causes
- Managing the causes
- Stress control techniques.

