Stress Management for Managers

Businesses lose millions of pounds each year when working days are lost to stress, anxiety and depression and with one in four of us affected by a stress-related illness over the next 12 months, it's vital that managers are able to identify the signs of stress and help their teams to manage it effectively. This course has been specifically designed to support organisations who have recognised the vital role that managers, team leaders and supervisors play in the prevention and reduction of work-related stress.

What will you learn?

⇒ Raise awareness on key stress factors and how to recognise the symptoms.
⇒ Discuss the myths and the facts that are associated with stress.
⇒ Provide practical help and advice on ways to minimise negative stress.
⇒ Explore different tools and techniques to support resilience to stress and learn how to turn negative stress into a positive.
⇒ Learn about support available.
⇒ Understand how to fulfill legal and Health & Safety responsibilities as a manager.
⇒ Build a toolkit of quick and effective interventions that will manage your own and team wellbeing.
⇒ Know how to appropriately support your team.

What will you cover?

⇒ What is stress and how to spot the signs
⇒ The causes and common stress factors
⇒ Positive and negative stress
⇒ The Circle of Influence
⇒ Why everyone responds differently and understanding trigger points
⇒ The ABC Technique of Irrational Beliefs
⇒ How to change your responses and reactions
⇒ Role and responsibility of a manager
⇒ Behaviours and skills
⇒ The SBI Feedback Model
⇒ Create a positive plan of action to embed personal and team learning

Who is it for?

This course is for managers who want to support personal and team stress more effectively.

How long will it take?

One day