

STRESS AWARENESS

<i>Course Code(s)</i>	<i>Course Date(s)</i>
SA	18 th June 2013

<i>Main Aim and Key Benefits:</i>	<p>Stress is recognised as an occupational health hazard and with this in mind it is important that employees are able to recognise the possible symptoms of stress in themselves and in their colleagues.</p> <p>This CIEH accredited workshop will enable participants to explore the definition of stress and how it impacts in the workplace as well as how to effectively manage and control it.</p>
<i>Course Content</i>	<ul style="list-style-type: none"> • Defining stress • The effects of stress on society, organisations and individuals • Typical stress related factors in the workplace • Identifying the signs of stress • Basic controls to reduce stress • Monitoring stress in self and colleagues • Personal action plan
<i>Training Methods:</i>	<ul style="list-style-type: none"> • Syndicate exercises • Group discussions • Self assessment questionnaire • Feedback
<i>Who will benefit from attending:</i>	For all operative personnel
<i>Duration:</i>	1 day
<i>Certification:</i>	<p>CIEH - to obtain the certificate delegates are required to complete a stress self-assessment at the end of the course for submission to the CIEH. (Charge Applicable)</p> <p>Progressive Training - delegates not wishing to complete the CIEH questionnaire</p>
<i>Fee (excl VAT):</i>	£167.50
<i>Training Provider:</i>	Progressive Training