

Effective Stress Management



A recent report by the European Safety Agency has stated that the second biggest cause of worker illness and absence from work is 'occupational' related stress.

In the UK, stress allegations can run in hundred of thousands of pounds in compensation claims.

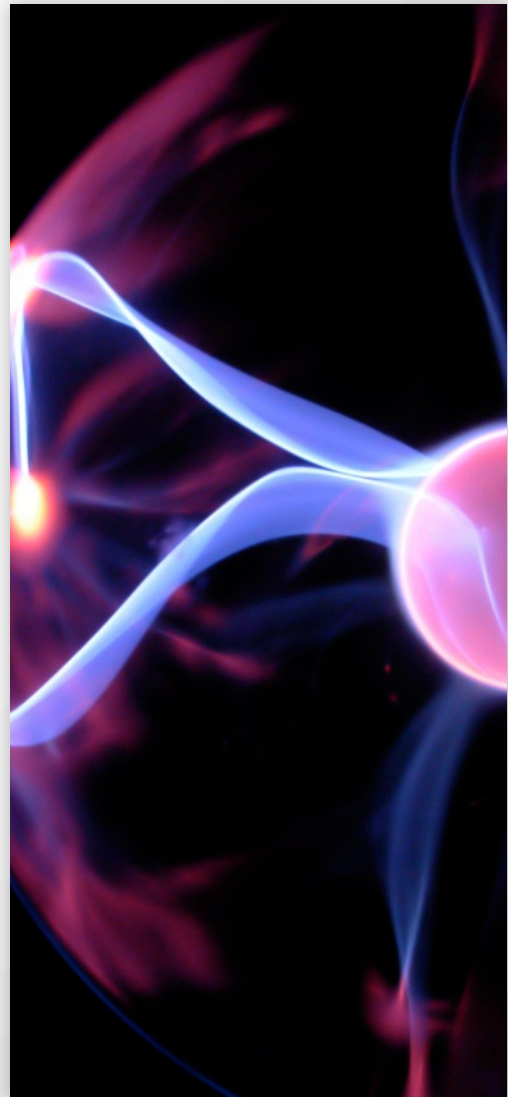
This is a rapidly expanding area of law and one that the HSE is paying more & more attention to.

This informative 2 day course is designed for H&S Professionals, HR Managers and Senior Executives who want to design and install a proactive stress management system into their organisations to protect both the workforce and the company.

On this course you will learn:

- Stress: What the law really says & what you have to do
- Understanding the cause and effect of stress in a work environment
- How to design your stress management system
- The 6 areas of stress control
- Practical steps to getting your system implemented
- How to handle an allegation of occupational related stress
- And more...

The course uses group exercises, discussion and demonstrations to help highlight points and give those responsible for managing stress the tools they need to make effective decisions.



Management

2 Day Stress