

MINIMISING STRESS WITHIN TEAMS

Duration: Full Day (including breaks)

Participants: 15-20 max

Suitable For:

Minimising Stress Within Teams is targeted at line managers and anyone who runs a team of people. As Dame Carol Black stated in her 2008 paper 'Working for a healthier tomorrow': "Good management can lead to good health, well-being and performance. The reverse can be true of bad management.....the line manager is a key agent of change."

Context:

Stress is a major issue for organisations across the UK affecting 1 in 6 of the working population. It not only accounts for the most sickness absence in businesses, but also results in presenteeism with a massive impact on morale, motivation, productivity and general performance.

It is therefore vital that line managers create an environment and team culture that minimises stress. Educating line managers in key stressors, training them to recognise the symptoms of stress, ensuring they have the requisite managerial skills to minimise unhealthy stress and providing them with the tools to reduce stress for themselves and their teams can therefore pay huge dividends.

Course Overview:

Minimising Stress Within Teams is a full-day workshop that gives line managers all the tools they need to identify stress, manage it and minimise it. By the end of the workshop you will feel well-equipped and able to deal confidently, openly and proactively with the issue of stress within your team.

Course Benefits:

By the end of Minimising Stress Within Teams, you will be able to:

- Understand and confidently implement your company policy on stress
- Quickly recognise early signs of stress within your team and intervene appropriately
- Identify the key causes of work-place stress and put plans in place to minimise it
- Have total clarity around the most effective managerial behaviours for reducing stress
- Know your own stress management competency score and the areas you need to develop
- Have a toolkit for quick and easy interventions to manage your own and others' stress levels
- Competently coach individuals who are having specific challenges around stress
- Return to the workplace confident in your ability to manage and reduce stress within your team