



Supporting Chartered Accountants since 1886

TACKLING STRESS AT WORK FOR MANAGERS

1 Day Course

AIMS

To increase understanding of what stress is and to identify coping strategies.

To understand how it affects performance, the impact on business and responsibilities of employers and managers for dealing with stress at work

PROGRAMME

What is stress? Explore the difference between pressure and stress.

- Signs and symptoms of stress
- The performance curve – the effect of stress on performance.
- Identifying individual causes of stress (work and home)
- Identifying Burnout

Ways of dealing with stress:

- What can be done in the workplace to improve stress?
The group will identify ways to deal with causes of stress
- Thinking strategies – Avoid, Reframe, Cope
Building resilience to stress – a healthy body deals better with stress
We will look at nutrition, diet etc.
- Relaxation and breathing techniques
- Emotional State Management
- The performance cycle

The effects of stress on business and best practice for managers:

- Legal responsibilities of the employer
- Risk factors for stress at work and management competencies needed to reduce effects of stress
- Planning a strategy to deal with stress and setting up the risk assessment process
- Evaluating the results
- Identifying training needs
- Monitoring and reviewing progress
- Case studies and action plans