

Managing Stress Within the Workplace

Are you looking to manage the levels of stress within your team/organisation?

If so, the Understanding and Managing Stress course can provide the appropriate knowledge and training you need to move forwards.

This one day course is suitable for managers/executives and HR teams to support those dealing with daily stress and long term absences caused by stress. It also helps managers and employees to manage the levels of stress when individuals or team members return to work after a period of unemployment.

Study in a relaxed environment within the brand new facilities of Rotherham College of Arts and Technology's Wentworth Building.

You will cover the following units:

'Understanding Stress' including:

- Understanding the physiological nature of stress
- Understanding the cause of stress
- Understanding optimum stress levels
- Recognising the symptoms of stress

'Stress Management Strategies' is a unit that can be delivered from one of two approaches

'Stress Management Strategies' for Managers including:

- Health and Safety issues in the management of stress
- Support Resources and organisations
- Practical strategies for the management of stress
- Managing Stress Action Plan

OR

'Personal Stress Management Strategies' including:

- Diet and stress
- Seven stress habits
- Support Networks
- Letting go techniques
- Positive self talk
- Learning to breathe effectively/relaxation strategies
- Visualisation techniques
- Managing personal stress action plan

Course costs £125. Lunch and refreshments provided

Course Dates

7th February 2012

20th March 2012

24th April 2012

22nd May 2012

19th June 2012

For further information please contact the Business Improvement team on **08000 890909** or email **business@rotherham.ac.uk**