

STRESS MANAGEMENT

Stress not only affects the individual but potentially has a damaging effect on the organisation. Knowing how to recognise and deal with stress in the workplace will enable you to reduce the pressures on staff and colleagues and avoid unnecessary absenteeism.

What will I gain from this course?

The knowledge that will enable you to recognise and deal effectively with stress in the workplace.

All delegates will receive a Northbrook College Certificate of Attendance.

Do I need any experience?

No. Our trainers have designed the workshop to give you all the information and training you need to develop your skills.

What if I can't fit it in?

The Business Solutions @ Northbrook team understand how hectic life can be sometimes; it's for this reason that we're happy to customise this workshop for individual employers and ensure flexible delivery, either on your premises or at Northbrook College (A company costing will be provided once your training needs are finalised).

What are the specific details?

Price £85.00
Duration 3 hours

For the latest course information including dates, please visit our website and select 'Our Training' from the top right of the page:

www.northbrook.ac.uk/BusinessSolutions

How do I enrol or get further information?

For further information, or enrolment, please contact the Business Solutions @ Northbrook team on:

☎ (01903) 606 114

✉ business.solutions@nbc.ac.uk

🌐 www.northbrook.ac.uk/BusinessSolutions

📍 Business Solutions @ Northbrook, 17 Liverpool Gardens, Worthing, West Sussex, BN11 1RY



> What will I learn on this course?

The workshop will cover:

- > Stress Questionnaire – What is stress?
- > Monthly Health & Safety Check List
- > Stress Guidance and Risk Assessment for the organisation
- > Identifying stress
- > Causes of stress in the workplace
- > Areas of work which particularly cause stress
- > Effects on people and on the business.