

Managing Stress

Stress affects one in five of the working population and has the biggest cause of absence costs in excess of £3.7 billion each year.

This course will enable participants to understand and identify stressors, recognise the impact of stress in the workplace and act positively when managing stress. Reducing stress will reduce absence levels, staff turnover and recruitment costs while increasing organisation productivity.

course details

Course Duration

One Day

Course Cost

£950

Maximum Delegates

This course is designed for up to 10 delegates

Training Location

Training can be run at any venue

Participant Profile

This course is aimed at:

- Anyone who needs to learn the fundamentals of dealing with the 'stressors' that affect our wellbeing and confidence

Key Topics

Participants will cover:

- What is stress?
- Statistical information
- Types of stress
- Main stressors
- Physical effects of stress
- Stress management solutions

Course Benefits

On completion of this course, participants will understand:

- The potential impact of stress in the workplace and the affect it has on the organisation
- How to identify stress, its symptoms and its causes
- How to manage stress in a positive way
- Stress management solutions

client testimonial



The training programme that t2 business solutions created has had a big impact on the service we provide.

Paul Winter, **Hafod Housing Association**

You may also be interested in...

Time Management

Designed to provide participants with the opportunity to take stock of their current working practices and explore tools and techniques that will allow them to gain greater control over their time.

Assertiveness at Work

Designed to give participants the ability to formulate and communicate thoughts and opinions in a clear direct and non-aggressive way.