



Stress Management Course

According to the Advisory, Conciliation and Arbitration Service (ACAS), stress is often a symptom of poor employment relations and can seriously affect productivity.

Organisations that regularly talk to their employees and have sound systems and procedures in place for dealing with issues like absence and discipline are much more likely to avoid work-related stress and to be able to deal with potentially stressful situations when they arise.

Workplace stress is one of the biggest causes of employee absence and is one of the difficult issues to manage.

This workshop will help you to identify the causes and effects of stress and to help you develop the skills required to manage stress in your life.

The focus will be on the positive things that you can do to make changes in your life which will help reduce the impact of stress

Who should attend?

- Those who wish to learn about how to deal with stress.
- People who suffer from stress and distress and want to know more about how to cope and deal with the predicament.

Aksaa can work with you to design and deliver training programmes which are tailor-made to your requirements.

The fee is £150 plus VAT per delegate or £1500 plus VAT plus expenses, for an in-house course for up to 20 delegates.



Course objective

By the end of the course, participants will be able to:

- Define stress and understand the effect it has on the body
- Use specific relaxation techniques to overcome stress
- Follow a model for coping with stress
- Identify methods of avoiding stress where possible
- Reduce their own stress by following clear techniques

Methodology

The course will be interactive and participatory and will include group work, group discussions, case studies and presentations.

To find out about our other courses, please check out our website: www.aksaa.co.uk or contact our offices on 01924 466117.