



Stress Management for Managers

Understanding People

Duration: 1 day or half day

Understanding Business Management

Who is it for?

Anyone looking to improve their understanding and management of stress for themselves and their team

Understanding Communication

Objective

This course will help participants identify the causes and negative symptoms of stress and learn how to manage stress proactively to improve performance in themselves and others.

Understanding IT

Learning Outcomes

At the conclusion of the course, participants will be able to:

- Recognise the symptoms of stress in themselves and colleagues
- Identify stress before it affects performance
- Appreciate the impact of too much and too little pressure
- Understand the cumulative effect of life-changing events
- Learn how to manage stress at work to improve performance
- Identify ways of improving team performance by managing stress
- Alter behaviour and practices inside the work environment
- Develop ways of maintaining a work-life balance

Developing
your people
to enable
them to give
of their best

Course outline

Participants will consider the following topics:

- What is stress?
- Recognising the signs of stress
- Stress and behaviour patterns
- The impact of stress on personal and team performance
- Maintaining an effective work/life balance
- Developing a preventative approach to stress management
- Prioritising when everything is urgent
- Managing conflicts through coaching and challenging assertively
- Strategies for handling stress positively
- Developing a personal and team action plan

During the course, participants will analyse their individual stress levels and discuss strategies for dealing with their own stress triggers.