



Understanding Stress

WHO IS IT FOR?

The course is suitable for those in a managerial position who need an awareness of the issues of stress and how it can be managed.

AIM OF THE COURSE

The aim of the course is to raise awareness of the effects of stress on the individual and the organisation.

LEARNING OBJECTIVES

At the end of the course delegates will be able to:

- Define stress and explain its causes and the effects it can have on employees and organisations.
- Explain the employer's duty of care to employees in both a criminal and civil law context.
- Identify potential causes of stress by gathering a range of evidence
- Provide appropriate support for employees and when professional specialist competent support may be required.

COURSE CONTENT

- The HSE model of stress and the related guidance
- Effects on individuals and organisations
- Stress and the law
- Analysis of the current legal position including recent relevant cases
- Enforcement trends and approach
- Carrying out a risk assessment
- Gathering evidence of possible sources of stress
- Hard, soft and anecdotal evidence
- Recording findings from assessments
- Strategy for stress management
- Examples of management techniques that can be used to manage stress

DURATION

One day programme

CERTIFICATION

On successful completion of the course, candidates will be awarded a Praxis42 'Understanding Stress' certificate.