



OCCUPATIONAL STRESS

"Stress is nothing more than a socially acceptable form of mental illness." - Richard Carlson

This training course aims to equip participants with an understanding of occupational stress and how it affects the workplace. Participants will learn the causes of occupational stress and ways to deal with it, both personally and professionally. We will also discuss strategies to help reduce stress in all areas of life, from managing workloads, communication and relationships, to using relaxation techniques and mindfulness. Participants will have the opportunity to explore their own stress levels and develop effective coping mechanisms to manage them. By the end of the course, participants will have the knowledge, skills and confidence to identify, assess and manage stress in their lives and in the workplace.

Key Course Content:

- Identify and describe occupational stress hazards
- Develop solutions to control stress hazards
- Identify the signs of occupational stress
- Implement solutions to control stress hazards



Target Audience:

The course can be tailored for the specific cohort whether it be the leadership team, another group of managers/team leaders or employees.



Duration:

This course is available as a 1-day course or a truncated half-day course.



Delivery:

This course can be delivered both in-person or virtually. For virtual delivery, we can use our virtual platforms or your organisations.



Group Size:

We recommend a group size of 4-10 people.