

Stress Management Programme

Stress has been called the “modern disease” yet this is not a new phenomenon. What is new is the increasing number of working days lost to British Industry through stress-related problems – approximately 40n million working days per annum. Much of this wastage could be avoided, not by eliminating stress, but by channelling it into productive outlets.

AIM:

To increase the efficiency of organisations and the level of functioning of individuals within it by helping managers and others to recognise stress and to evolve strategies for coping with it positively.

OBJECTIVES:

By the end of the programme participants will have:

- Deepened their understanding of stress.
- Learned how to identify it.
- Been alerted to sources of stress both at an individual and organisational level.
- Evolved strategies for coping with stress at individual and organisational level.

The programme focuses on stress within individuals, job related stress, stress within the organisation, and takes a comprehensive approach essential for the identification of acceptable solutions.

There will be inputs of factual information, but the emphasis will be on participant diagnosing their own situation and devising strategies which are effective and workable within their own organisation and unique work environment. This will be facilitated through the use of structured and sequential exercises carried out in the workshop sessions.

The programme has been designed to meet the requirements of both managers and individual employees in dealing with stress.

It is the ability to meet both that allows Interface Training to provide its unique training service.

This course can be adapted to either a one day input or run over several days.

Bookings and further information about this and all the other training programmes offered by Interface Training Ltd. can be obtained from Maggie Murray Harris (Director), Interface Training Ltd. - Telephone: 0131 554 2892 (office) / 07711 703810 (mobile) or E-mail: maggie@ukgo.com