

# Stress Management



## Introduction:

Work-related stress is a major cause of occupational ill health leading to sickness absence, high staff turnover and poor performance within your organization.

Fraser & Associates have developed a programme that focuses on the practicalities of stress identification and management. It includes group exercises supported by tutor input on theory and practical strategies. Delegates are encouraged to analyse practical issues to further develop their personal awareness.

## Topic areas covered:

- The factors that lead to stress
- Exercises to reduce tension and anxiety
- Stress prevention

## Intended for:

All managers and supervisors with responsibility for other and who wish to become more aware of issues surrounding stress causation and its management within the organisation.

## Outcomes:

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

- Understand the underlying causes of stress;
- Control the stress response;
- Deal with negative emotions;
- Build stress resistance;
- Control information inputs to prevent overload;
- Reduce stress through improved organization;

**Prior Knowledge:** No prior knowledge or training is required.

**Course Duration:** 1 Day (Can be delivered in Modules by agreement)

**Numbers:** Minimum by agreement with client  
Maximum 12 (Due to the high levels of interactivity required)

***Why not contact Fraser & Associates to discuss your Workforce Development needs?***