

COURSE OVERVIEW

Stress Management for Managers

TIMD-106



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Work-related stress is a growing challenge that impacts employee health, drives absenteeism, and increases the risk of costly claims. This course equips managers with the confidence and competence to identify stress early, support team members affected by it, and take preventive action.

Through practical tips and awareness-building, learners will be better equipped to foster a healthier and more resilient workplace.

Module 1: Managing Stress

Occupational stress poses a risk to most businesses, and compensation payments for stress are increasing. It is well-recognised that excessive or sustained work pressure can lead to stress.

- Definition of work-related stress
- Possible grounds for a stress claim
- Causes of stress-related absence
- Management responsibility
- Steps to prevent stress at work
- The benefits of an anti-stress policy

Suitable for:

All Managers, HR Professionals and Policy Makers.

Skills achieved:

- Identifying needs (Basic)
- Supporting needs (Basic)

Related Resources:

- Work-related stress Assessment
- Stress Reduction Assessment
- Performance Checklist
- Performance Improvement Plan Checklist

Benefits:

The Delegate will receive a Total Quality Assured (TQA) certificate of achievement upon successful completion.

Estimated Time:

25 Minutes

Related Courses:

- Effective Goal Setting
- Managing Performance
- Effective Interpersonal Skills
- Dealing with a Grievance
- Effective Feedback