

CIEH Stress Awareness Certificate

Aim of the Workshop

The aim of this workshop is to raise awareness of likely sources of work-related stress, the range of symptoms and effects it can cause and the options available for its control. While the level of the event is aimed at general workers, it would provide a suitable introduction to the issue of work-related stress for more senior staff. Successful completion will prepare those attending to look carefully at their own work activities and contribute to the development of strategies to combat work-related stress, in co-operation with their managers and supervisors.

Workshop objectives

At the end of this workshop those attending will be able to:

- Explain what is meant by the term stress and in particular work-related stress.
- Explain the importance of controlling stress in the workplace.
- Explain the typical stress related factors in the workplace.
- Identify stress in colleagues and themselves.
- Advise on and implement controls in the workplace to reduce stress.
- Monitor colleagues and themselves in relation to stress at work.

Workshop Content

- Definitions of stress.
- Stress as an occupational health hazard.
- Identification of basic workplace stressors.
- Development of basic controls for work-related stressors.
- Responsibilities imposed under UK legislation.

Who should attend the Workshop

This workshop is suitable for anybody who wants to understand more about the causes and symptoms of stress and who would like to be able to control or reduce it in themselves or in their teams

Workshop duration

This workshop is of 1-days duration

Workshop fee

£147 per person includes course manual

For more information contact us at info@the-complete-training-company.co.uk