How do you help prevent stress overload damaging your organisation?

We have been hearing about stress for so long now that it has become an accepted, if difficult, part of life at work. But stress overload is not just a problem for individuals. It is now one of the major causes of absence from work – currently a huge cost for business and industry. As an employer you are legally obliged to take steps to protect the psychological and physical well-being of your staff. Skill Boosters’ 'Under Pressure: Successfully coping with stress' is one of those steps.

This practical training resource, available in e-learning, video or LIVE trainer-led format has been devised by Professor Cary Cooper CBE, a leading world expert on stress management, and developed in partnership with Robertson Cooper Ltd. It will help your staff identify the early signs of stress and provide fresh insight on how to handle the inevitable pressures of the workplace.

How this course will benefit your organisation

Once trained your people will understand how to become more resilient to workplace demands, and learn to use their time and energy more efficiently. As they begin to deal more effectively with the pressures of the modern workplace their psychological and physical health will improve, and the organisation will see lower staff turnover and reduced absenteeism.

‘Under Pressure: Successfully coping with stress’ will help your staff:

- Recognise the ‘stress zone’
- Assess their vulnerability
- Cope better and avoid panic
- Work smarter
- Achieve work/life balance
- Support colleagues
- Deal with bullying
- Learn relaxation techniques

“More and more cutting edge organisations acknowledge that their people face pressures which if not dealt with effectively can lead to stress. I’ve designed Under Pressure as a personal development tool that will complement or form a key part of any organisation’s stress policy.”

Professor Cary Cooper CBE
COURSE FACT SHEET:

Under Pressure
Successfully coping with stress

Overview
Via a choice of video, CD-ROM, e-learning, or trainer-led format, this course uses dramatic scenarios, animation, expert analysis and interactive quizzes to provide a complete ‘stress-busting’ kit. Suitable for people in all parts of the organisation, it has been developed to help staff at any level including foundation level employees, operational managers and staff, HR managers and trainers, and senior executives.

Course Content
This course will help to improve employee morale and develop employee potential by showing your staff how to spot potential pressure points in their working day, and arming them with the techniques to handle them. The content and structure of this course has been planned to give your staff the power to turn workplace stress into positive energy.

Video
Part 1 – Think Smart! • Includes Understanding stress • Symptoms of stress
Part 2 – Work Smart! • Includes Plan your day • How to say no
Part 3 – Relax! • Includes Progressive muscle relaxation • Visualisation techniques

E-learning
Includes all of the above plus: Stress Busters • Checklists • Assessment

Trainer-led
Trainer-led workshops can be tailored to your specific needs.

Duration
Video: 51 minutes.

Estimated time required to complete this course - 190 minutes.

Times may differ depending on individual learning styles.

Trainer-led: Half or full day.

Please contact us for pricing options, special offers or to discuss a tailored model.

“I have come to expect good service from your organisation and you have not failed again. When we need programmes like 'Under Pressure' I have no hesitation on using Skill Boosters.”

Darrin Stevens
Group Training Director
Polestar

Some of our clients include:
Tesco, Home Office, M&S, Cornwall County Council, KPMG, Defra, Glaxo, Glasgow Council, MoD, Sainsbury’s, Eversheds, Simmons & Simmons, Canary Wharf Group, ZSL Group, Department of Health, Guy’s & St Thomas’, HSBC, Barclays, Intercontinental Hotel Group, Serco

Contact us: www.skillboosters.com 0844 809 9115