



## Stress Awareness for Managers

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## **Course Outline**

### **Stress Awareness for Managers**

#### **The Two Day Workshop.**

##### Course Overview

The two day workshop will prepare managerial staff for the difficulties of working with any number of staff feeling stressed whilst learning how to reduce the potential for stress taking hold in the first place.

Stress in the workplace is taken very seriously by the HSE and any manager or employer has to understand their responsibilities.

On this course you will learn:

- The extent of the problem
- What stress actually is?
- How to identify stress
- Management standards
- Strategies for reducing workplace stress
- How to manage the stressed employee
- How to manage successful return to work strategies

## **Advantages to your team**

With this condition passing epidemic proportions in the western world and more time being lost from work as a result of it, then any organisation wanting to take stress seriously will prepare their managers and supervisors accordingly.

Positive benefits include -

Healthier personnel

Less time lost from work

Happier workforce

Greater reliability

Greater productivity

Greater loyalty

Massively increased motivation

Reduction in potential for litigation

## **The Course Methodology**

The methodology that forms the basis for this course is taken from the popular book 'Think yourself happy - The simple 6-step programme to change your life from within' by Dr Rick Norris.

Each delegate will receive a copy of the book as part of the training.

## **Course Details**

Teaching methods will include the use of active learning techniques to encourage participation through discussion, case exercises, experiential activities and small group work.

## **Course Tutors:**

**The course has been developed by Glyn Morris and Dr. Rick Norris**

### Glyn Morris

Glyn is a Registered Mental Nurse and has a Diploma in Higher Education Nursing. He has over 18 years experience of working in a variety of clinical settings and has worked extensively in crisis resolution and assertive outreach. He specialises in mental health in the workplace and regularly delivers cognitive behavioural interventions to a wide range of clients in both individual and group settings. Glyn has extensive practical experience of working with Occupational Health and Human Resources departments in order to successfully rehabilitate clients who have suffered from stress, anxiety and depression.

### Dr Rick Norris.

Rick is a Chartered Psychologist working in both clinical and occupational settings. His clients include Hewlett Packard, Unisys and Milward Brown. He is a visiting Consultant Psychologist at the Manor Hospital in Walsall and is an honorary lecturer at the Institute of Primary Health Care at the University of Warwick. Rick is also a member of the Chartered Institute of Personnel and Development. He is the author of the popular book 'The Promised Land – a guide to positive thinking for sufferers of stress, anxiety and depression'.

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