

Personal Stress Awareness in the Workplace

COURSE OBJECTIVES

- Identified the causes and symptoms of stress
- Reviewed sources of stress
- Discussed methods of communication to express feelings
- Reviewed methods of handling stress
- Understood support resources and mechanisms

COURSE DURATION: 2 Hour Workshop

COURSE CONTENTS

- What is Stress?
- What causes stress?
- Recognising the symptoms of stress
- Sources of Stress
- What are the potential sources of stress?
- Linking Stress symptoms to stress sources

The Three Stages of Stress

- Signs to look out for
- Managing Personal Stress
- Expressing your feelings
- Communication
- 'Stress Buddies'
- Company Policy Statement
- Workshop Review and Close

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