

Personal Stress Awareness in the Workplace

COURSE OBJECTIVES

By the end of the course, delegates will have:

- **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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