

Course Title	Managing Stress and Pressure	Duration	One day	Personnel
Aim	By the end of this training, your delegate will understand the underlying causes of stress, whilst knowing that some stress is a normal part of life. They will know how to spot, in the way they act and feel, if stress is taking its toll on them. They will also be aware of the warning signs in their colleagues. A key part of this event is helping delegates to understand that everyone is different, and helping them to develop (for themselves and colleagues) a variety of approaches to preventing pressure from getting out of hand. The course will also help to develop plans for recovering from stressful situations.			
Prerequisites	None			
Outcomes		Content		
Understand outcomes of the course and any specific outcomes delegates have.		<ul style="list-style-type: none">✓ Understand the objectives and the process of the course.✓ Discover what specific outcomes delegates require.		
Demonstrate an understanding of the root causes of stress, and what constitutes acceptable stress.		<ul style="list-style-type: none">✓ The causes and effects of stress, both individual and corporate.✓ The difference between stress and pressure.✓ Acute and chronic stress.✓ Pressure and performance.		
Be able to spot the warning signs of unacceptable stress in self and colleagues.		<ul style="list-style-type: none">✓ The visible signs of stress.✓ The behavioural signs of stress.✓ Clues from the workload.✓ How different personality types react to pressure and stress.		
Develop multiple strategies to prevent unacceptable stress and pressure for themselves and their colleagues.		<ul style="list-style-type: none">✓ HSE guidelines on stress at work.✓ Dealing with pressure from others.✓ Strategies and techniques to prevent stress from taking over.✓ Making pressure more productive.✓ 'Different strokes for different folks'.		
Develop multiple strategies for helping themselves and others recover from unacceptable levels of stress.		<ul style="list-style-type: none">✓ Strategies and techniques to manage stressful situations.✓ Ways in which you can relax.✓ Helping others relax.✓ When to seek professional help!		
Book this course now :				
Cost	Price Code A			
To book this event	ITS Training (UK) Ltd, 21/22 Oliver House, 23 Hall Street, Chelmsford, CM2 0HG Tel: 08454 300 262 e-mail:bookings@its-training-uk.com			
Remember	Our prices are fully inclusive – we won't add our travel & subsistence to your bill! All delegates will benefit from our free advice service.			