



Beth Gibb
Associates

HEALTHY WORKFORCE, HEALTHY BUSINESS

Presents

An Introduction to Stress Awareness

On completion of this two day programme, participants will become 'in house' stress educators, able to facilitate introductory stress sessions - ideal for Managers, Team Leaders and Supervisors with a Health and Safety remit and HR personnel to use the resources for staff welfare and induction

ISMA
MEMBER UK

The INTERNATIONAL STRESS MANAGEMENT ASSOCIATION (ISMA)

ISMA^{UK} promotes sound knowledge in the prevention and reduction of human stress and is an advocate of best practice in the field of stress management. It sets professional standards for the benefits of individuals and organisations using the services of its members.

As the number of stress related incidents reported in the workplace continues to grow, it is essential that organisations are aware of their 'duty of care' with regard to stress and realise that providing a counselling service is not now sufficient – more education and awareness is required for employees to become proactive and responsible for their own health and well being through workplace initiatives - Intel v Low, (2007) and O2 v Dickins (2008).

RATIONALE

- Work-related stress (WRS) has now overtaken musculo-skeletal problems as the main cause of workplace absenteeism
- 1:4 employees are severely stressed at work
- Research has shown a definite link between WRS, decline in morale, productivity and an increase in 'presenteeism' (at work, but not contributing)
- The main causes of stress in the workplace are:
 - Problems with management
 - Communication
 - Resources
 - Difficult colleagues

WHO SHOULD ATTEND?

For those who wish to either develop or enhance their learning through this introductory course into stress and who have a responsibility for Health and Safety, Quality (IIP), staff welfare and induction.

COURSE DELIVERY

The Introduction to Stress Awareness is a 2 day programme with a post course mentoring and support visit from Beth. A diverse range of training techniques are incorporated to enhance learning and encourage active participation.

ASSESSMENT:

All Participants will be required to present a short micro teaching session and complete a 45 minute written assessment to endorse learning.

A certificate of attendance will be awarded on completion of both parts of the assessment.

On completion of the Introduction to Stress Awareness programme, participants will:

- ✓ Develop a theoretical and practical understanding of stress
- ✓ Be able to facilitate 'in house' introductory stress awareness talks
- ✓ Provide a signposting support service
- ✓ Have a framework for developing an organisational strategic approach to managing stress at work
- ✓ Receive a tailored introductory presentation and worksheets for participants to use 'in house'

PLEASE NOTE:

- This training is for 'in house' purposes only and does not accredit an individual to become a Stress Consultant – the course is an introductory programme with the aim of raising generic awareness within the workplace

COURSE OVERVIEW

Day 1

- The 'Biology'/Science of Stress
- Differentiate between pressure and stress
- Sources of stress and risks to health
- The Legal Perspective
- Communication skills
- Presentation skills
- Coping strategies – input from accredited Therapists

Day 2

- Strategic Action Planning
- HSE Management Standards
- Assessment
- Micro teaching session - demonstrating presentation skills
- Developing an 'in house' resource

ABOUT THE TRAINER

Beth Gibb, lead Trainer of Beth Gibb Associates is a leading provider of workplace health and well being programmes, being appropriately qualified to facilitate such training.

Beth is a member of various organisations whom enhance her skills and knowledge which she then shares with participants during training sessions to ensure the most updated evidence is disseminated.

CONTACT:

E: info@bethgibbassociates.co.uk

Tel: 07790 240795

W: www.bethgibbassociates.co.uk