

Personal Management of Stress in the Workplace

Workshop 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

Duration: 2 Hours

Workshop Content

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

Personal Development Action Plan

Workshop Review and Close

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