



Local Government Training Group

## **LEARNING TO MANAGE WORK-RELATED STRESS MORE EFFECTIVELY**

This one-day workshop is designed for Managers, Supervisors and Human Resource Practitioners. Work related stress is a major contributory factor to high absence levels, high turnover figures, reduced productivity, increasing health and safety claims, including increasing accidents and errors in the workplace.

**TRAINER:** Tom Kenny

The Aim of this one day Programme is to 'Increase participant's understanding of stress and distress, its origins and manifestations, while also providing a range of tools and techniques which can help participants to more effectively deal with and manage stress'.

Participants will be expected to complete a Stress Log for at least two weeks prior to the workshop to identify, specify and quantify their most commonly occurring 'stressors'.

Participants will also be required to complete a Stress Self Assessment Questionnaire and complete a single page preparatory sheet prior to the Workshop. While this is minimal in nature, it is important that participants understand and work to meet this expectation.

**Objectives:**

By the end of this programme participants will be able to:-

- Be able to explain what stress and distress means.
- Understand why it is important to manage stress effectively from an individual and organisational perspective.
- Correctly cite at least five examples of possible organisational and individual origins/sources of stress.
- Correctly list the various ways in which stress manifests itself within an organisation, at an individual, team and organisational level.
- Begin to understand behavioural profiles and how they impact on people's behaviour, stress levels and stress response.
- Compile their own stress profile and begin to list what 'stresses me'.
- Produce a list of strategies/approaches to effectively manage stress at an organisational/team and individual level.
- Begin to identify at least three coping strategies or techniques which you will begin to use/apply following this workshop.