

Duration: 50 mins

Course level: Introductory

Delivery method: Online

Introduction

Stress can spread through your business and harm productivity, performance and staff morale. A total of 12.8 million working days were lost to stress, depression and anxiety in 2004/5.

Managing and Handling Stress at Work helps managers identify the different causes of stress and explains basic strategies for managing this stress. This course provides guidance on how managers can help themselves, and the members of the teams they manage.

Managers with good stress management skills can help a business succeed by recognising stress-related problems and minimising their impact.

Who is the course for?

This course is most suitable for people who are likely to become first-time managers, or are already in the post but have had little or no formal training and limited work experience. It is particularly appropriate for team leaders or anyone who manages people.

The easy to follow, step-by-step format of this course means people can work at their own pace. It is appropriate to any business sector, there are no formal entry requirements and employees do not require any prior experience.

What will you get from this course?

When you have completed this course, you will be able to:

- list and explain the different causes of stress
- describe appropriate actions to take when managing stress in others
- understand key strategies for handling stress.

Course features

Managing and Handling Stress at Work uses on-screen text, optional voiceover and images to illustrate its main points. As you work through the course you'll be presented with basic exercises to guide you through the subject and check your learning. After each exercise you are given immediate feedback.

At the end of the course, a multiple choice test is provided to check your overall knowledge and understanding. You can take this test as many times as you want.

You can start this course straight away and access it at any time, providing you have access to a computer with an internet connection. Managing and Handling Stress at Work is available for six months from the date first accessed.

Other courses you might be interested in

Leadership
Time Management
Coaching

Implementing Change
Planning Change

Course code: 103080BT017

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