

Duration: 2 hours 30 mins

Course level: Introductory

Delivery method: Online

Introduction

Each case of stress-related ill-health leads to an average of 30.9 working days lost.

Minimising Stress provides guidance on how to recognise symptoms of stress and help others work effectively when problems occur.

Stress can spread through your business and harm productivity, performance and staff morale. Managers with good stress management and communication skills can help a business succeed by recognising stress-related problems and minimising their impact.

Who is the course for?

Minimising Stress provides basic guidance for people who are likely to become line managers. It is also suitable for those who are already in post, but have had little or no formal training and limited work experience.

There are no formal entry requirements and the easy to follow, step-by-step format of this course means participants can work at their own pace, making it ideal for anyone new to the subject.

This course looks at how stress can affect your employees. An alternative course, **Manage Own Stress**, covers stress in the workplace and its effect on individuals.

What will you get from this course?

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

- understand stress and what causes it
- appreciate the effect of stress on individuals and organisations
- describe how to support employees to help them cope with stress.

Course features

Minimising Stress gives you a theoretical introduction to understanding the effects of stress within organisations.

The course uses a simple case study, and basic exercises such as multiple choice and true or false questions. After each exercise you'll be given feedback on how you've done.

An audio soundtrack delivers most of the content, with simple graphics and on-screen text summarising the key points.

You can print a transcript of each screen's audio component for future reference. The course also includes a glossary of business terms, an alphabetical list of business "thought leaders", and a resources section featuring links to useful online business resources.

Minimising Stress is available for six months from the date first accessed.

Other courses you might be interested in

Building the Team
Coaching
Leadership

Course code: 100594BT082

Ufi Ltd October 2007. All rights reserved. **learndirect** is a registered trademark of Ufi Ltd. All information correct at time of going to press.

Our
future.
It's in
our hands.

