

STRESS MANAGEMENT FOR BUSINESS OWNERS AND SENIOR MANAGERS

Building Resilience to Stress into your Business

As a leader you know that the most efficient operation is one where the resources exactly match the demands. Get either of these out of balance and stress will damage your business.

Developing and implementing a Stress Management System need not be complicated, time consuming nor expensive. In fact, by combining it with other essential change work and blending it into existing management systems, it will be simple, quick and profitable – in many ways.

Luckily the resources *and* tools required to boost your organisation's resilience to stress are the same tools that will improve your efficiency, productivity and performance. These can be summarised as: employees, policies, programmes and procedures; *and*, organisational and individual awareness of stressors and stress reactions, preventive measures, reactive measures and recovery measures.

This one-day course will help you make your organisation more resilient to the effects of stress, and not only prevent damage to your business, but positively help your business grow. It includes:

- The signs that your business is suffering stress fractures
- The benefits of taking stress management seriously
- Health & Safety Legislation and duty of care
- Policies that drive culture change – Stress, Abuse, Drugs & Alcohol
- Depression – the inevitable end game for unchecked stress
- Stress Awareness
- Measuring and monitoring stress
- Guidelines for managers – recognising and reducing workplace stress
- Stress prevention procedures – building resilience
- Practical tools for reacting to stress – first aid
- Programmes for recovering from stress – reintegration not rest
- Developing and Implementing a Stress Management System
- Culture change
- Introduction to the 2-day Stress Management Workshop

Your facilitator: Steve Garrett, a professional psychotherapist, who has over 25 years experience in training, amassed during time as: a navigator in the Royal Air Force; a lobbyist for the European Regional Airline Industry; and as a safety consultant.

Format: This one-day course is information-packed, designed to cover all the salient points in sufficient detail, whilst minimising time out of the office for busy directors and managers.

Arrangements: To discuss your needs and requirements, location and facilities, and to negotiate a price contact **Steve Garrett:**

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