



Stress Workshop for all Employees

Suitable for: All employees

Number of Participants: Up to 14 people

Duration: 3 hours

Style:

This is a relaxed, informal session using flipcharts wallboards and workbooks. The facilitator will encourage discussion and questions and guide participants through the exercises and activities.

If flipcharts and wallboards are not available, then the session can be delivered through PowerPoint.

Workshop Content:

What is Stress?

Spotting the Early Warning Signs

Strategies for Managing Stress

Self-Care and Other Support Options

EAP & other Counselling Services

Intended Outcomes:

Participants will leave the workshop with a greater understanding of the causes and signs of stress, how to develop (and implement) coping strategies and what additional support is available to them.

Stress Workshop for Managers

Suitable for: Managers, Team Leaders and Supervisors

Number of Participants: Up to 14 people

Duration: 3 hours

Style:

Following a similar style to the employee session, the facilitator will encourage discussion and questions and guide managers through the workshop's exercises and activities, using case studies and relevant examples where appropriate. If flipcharts and wallboards are not available then the session can be delivered through PowerPoint.

Workshop Content:

What is Stress?

The Impact of Stress on an Organisation

Workplace Risk Factors Recognising the

Signs of Stress Managing Stress in the

Workplace Supporting Colleagues

Intended Outcomes:

Managers will leave the workshop with a clear understanding of the main sources of stress, the key management standards in relation to reducing the risk, minimising the potential impact on the workforce, and how to spot the early warning signs and support colleagues who are suffering with the symptoms of stress.