



STRESS MANAGEMENT

(Non-Accredited)

Duration : Half Day

Delivery Method
Face-to-Face / Virtual / Blended



STRESS MANAGEMENT

OVERVIEW

This practical workshop helps team leaders, supervisors, and employees understand stress, its impact on health, behaviour, relationships, and workplace performance. Participants will learn how to identify the root causes of stress, recognise stress in themselves and others, and apply practical techniques to manage stress more effectively.

1. UNDERSTANDING STRESS

- Defining what stress is and how it affects individuals
- Identifying common causes of stress in the workplace
- Understanding the difference between manageable and harmful stress

2. POSITIVE VS NEGATIVE STRESS

- Exploring how a small amount of stress can motivate performance
- Understanding how excessive stress can negatively affect productivity
- Recognising when stress becomes overwhelming or unhealthy

3. THE IMPACT OF STRESS

- Understanding how stress affects health, relationships, and behaviour
- Identifying physical, emotional, and behavioural signs of stress
- Recognising how stress can influence workplace interactions

4. CONTROLLING STRESS BEFORE IT CONTROLS YOU

- Identifying the root causes of stress
- Learning practical ways to manage and reduce stress
- Developing healthier responses to stressful situations

5. RECOGNISING STRESS IN OTHERS

- Identifying signs of stress in colleagues and team members
- Understanding how stress can affect productivity and performance
- Responding appropriately and supportively to stressed individuals

6. PRACTICAL STRESS REDUCTION TECHNIQUES

- Exploring simple techniques to reduce stress in the workplace
- Applying healthy coping strategies and support systems
- Building personal habits that support resilience and wellbeing

KEY OUTCOMES

Participants will gain practical tools to understand and manage stress, identify root causes, recognise signs of stress in themselves and others, reduce stress-related behaviours, improve workplace wellbeing, and support better productivity and performance.