



## **Stress Management**

### **Who needs this qualification?**

As stress is a natural reaction people have to excessive pressure this course is aimed at both senior management and general workers. In practice clients tend to run courses for employees that focusses upon awareness, and for those in managerial positions the course will include management techniques to reduce stress in the workplace.

Both courses culminate in relaxation techniques.

### **Why is this training important?**

Stress at work impacts on productivity, staff relations, health and well-being and morale.

Some stress is unavoidable in many jobs, but in many circumstances stress and its effects can be minimised.

### **The course aims to raise people's awareness of**

- how stress at work is caused
- how to spot the signs and symptoms of stress
- how to deal with it and change working practices where possible to minimise the occurrence of stress in the workplace
- the Risk Assessment approach and how to affect change

The course can be adapted to address Post Traumatic Stress Disorder (PTSD). PTSD is a common condition today and those affected work in all industries.

We can tailor this course to suit any sector or industry. We have run a successful program for the military which incorporates PTSD for the past 8 years.

The course is normally limited to 6 students, however it can be delivered to a much larger audience. Let us know your requirements and we will advise accordingly.

**Duration** – One day programme

**Assessment** – Individual self-assessment

**Cost** – Please contact us for in-house course prices

020 8253 9878 or email [ray@simmons-safety.co.uk](mailto:ray@simmons-safety.co.uk)

Simmons Industrial Services Ltd  
Unit 23 The io Trade Centre  
57a Croydon Road, Croydon, CR0 4WQ  
[www.simmons-industrial.co.uk](http://www.simmons-industrial.co.uk)