

Managing Your Well-being at Work

0.5 day course

Human
APPLICATIONS

Overview

Pressures at work effect people in different ways. Some people are able to identify and report problems in their job whereas others tend to internalise the problems, which can result in changes in behaviour and physical and psychological symptoms.

Individuals need to understand how to identify potential stressors within their work. Once the stressors have been identified, individuals need to evaluate the effectiveness of their coping mechanisms and to establish strategy for improvement.

Simply asking people to stop, consider the subject and examine the factors is often a great step towards improvement.

The problem is that the term 'stress' is often used incorrectly, it can have negative connotations and has become confused with many other feelings such as anger. The focus of this session is on 'well-being,' in order to ensure a positive approach is maintained.

The aim of this course is to help employees manage their well-being whilst at work. It is important that managers understand the factors involved and support any initiatives for managing well-being at work.

The duration of the session is 3 hours.

Aims

- To help delegates identify individual signs of stress
- To help delegates identify potential stressors at work
- To provide practical tips on reducing stress
- To emphasis the importance of reporting problems
- To reassure delegates that their organisation will support them

Learning objectives

After the courses delegates will be able to:

- Recognise symptoms associated with well-being at work
- Identify potential stressors at work
- Take a proactive approach to improve well-being at work
- Understand how to receive support and advice

Prerequisites

None.

Who should attend?

Staff who may be at risk of stress at work.

Outline of session

- What is well-being?
- Legal requirements
- Extent of the problem
- Responsibilities
- The HSE's Management Standards
- Symptoms associated with well-being
- Identification of potential stressors
- Reducing the risks
- Reporting problems
- Support & advice
- Individual action plan

Contact Details: For further information about training and our support consultancy services in Ergonomics, Health & Safety & Business Risk Management, contact Nigel Heaton - Director of HA. Tel: 01509 211866 or email enquiries@humanapps.co.uk or visit our website at www.humanapps.co.uk



ISO 9001:2008
FS 73292