

CiC COURSES

Stress and Resilience for Employees Course Outline

What is it?

A course on understanding and dealing with stress, additionally providing information and assistance in building resilience.

Who is it for?

All employees.

Course Aims

To provide a practical course where individuals have an opportunity to identify their own personal strengths and areas to develop with a view to increasing emotional resilience by small changes in everyday life. This course aims to strengthen all resilience factors that mitigate stress.

Course Content

- How to identify stress – early signs and symptoms.
- To understand how stress impacts on us and those around us. How stress works – the effect on our body.
- How to recognise stressors and triggers.
- How to overcome stress – provide useful coping strategies.
- Creating an Action plan, individuals will be encouraged to develop a resilient culture through understanding how to apply this information to teams and work.
- Create steps to change how we deal with stress.

Benefits

Staff feel that they have some personal responsibility for well being and this increases morale and presenteeism.

Personal reflection on strengths and areas to build can increase motivation to take steps to improve resilience and improve morale and effectiveness in the workplace.

Recognition and use of the organisational support available to stay well and the willingness to provide this, leads to an increase in morale.

Culture changes around general healthy habits and lifestyle is of positive benefit to teams.

Our Experience

Our CiC trainers understand the importance of identifying and understanding the culture of your organisation. They are specialists in their field and are highly skilled at delivering training across all sectors and to all levels, specialist teams and departments. They have supported organisations and institutions within both the public and private sector from Universities and Schools, to Law Firms, local councils, NHS care trusts, International News Agencies and International Charities.

Costs

Costs are standard at £850 per half day and £1250 per full day.

Additional Information

Groups are usually capped at 15 per group but this is open to discussion for example some of the lunch and learns have been larger!



Want to know more?

Get in touch with CiC using the details below.

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