

CiC COURSES

Stress and Resilience for Managers 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?

Managers and Team Leaders.

Course Aims

To enhance the skills of suitable personnel, in order that they are able to work more effectively to reduce stress in both themselves, colleagues and the work environment.

The session will advise personnel on how to identify early signs of stress, understand how stress impacts on our body and our working environment.

To provide a range of strategies to combat stress and manage situations more effectively.

Course Outline

- How to identify stress – early signs
- To understand how stress impacts on us and those around us
- How stress works – the effect on our body
- The difference between stress and pressure
- How to recognise stressors and triggers
- How to overcome stress – provide useful coping strategies
- Recognising the importance of the managers ability to manage their own stress
- Identifying symptoms that indicate more support is needed and signpost to organisational resources
- Provide an action plan to create steps on changing how we deal with stress and build a resilient team.

Benefits

Create and increase the understanding of stress.

Provide Managers with the mental tools to manage stress and reduce stress.

Provide Managers with the ability to recognise potential triggers in both themselves and their colleagues and defuse them.

Encourage managers to take responsibility in team wellbeing which helps to increase morale and presenteeism and reduce stress related absence providing overall positive benefits to the team.

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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