

Product Specification: SWR

Stress Awareness Leading to Personal & Organisational Wellbeing and Resilience

Overview

We now know that anyone can choose to improve their wellbeing and resilience through effective training and commitment to enhancing mental toughness. As resilience becomes more widely recognised as a key driver of continued wellbeing, this course will help identify stressors in your organisation, develop an understanding of resilience skills enabling delegates to cope during challenging times and reduce the impact of, or susceptibility to stress.

This practical, interactive course will help HR professionals and line managers understand stress, improve wellbeing and build resilience based on HSE Management Standards approach.

Who Should Attend?

This course is for you, if you are a:

- A senior HR or employee wellbeing professional
- Senior manager
- Line manager



Learning Outcomes

Five key things you will learn on this course:

1. Develop confidence to tackle possible stress cases in a proactive, professional and understanding manner
2. Integration of the organisation's stress management policy and supporting initiatives
3. Understand how resilience, stress and pressure relate to each other in the workplace
4. Understand the key components for building resilience across your workforce
5. Develop resilience action plans

Symposium Training Contact Details

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Sample Programme

This training day will run from 9:30 – 16:00. Lunch and refreshments will be provided during breaks in the day.

1. Learn what stress is and is not
 2. Explore personal and organisational causes of stress
 3. Examine policies and initiatives
 4. Explore strategic approaches to stress cases using the management standards
 5. Explore the 4 C's which lead to mental toughness
 6. Five attitudes which lead to resilience
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