

COURSE FACT SHEET:

Under Pressure

Successfully coping with stress

How do you help prevent stress overload damaging your organisation?

We have been hearing about stress for so long now that it has become an accepted, if difficult, part of life at work. But stress overload is not just a problem for individuals. It is now one of the major causes of absence from work – currently a huge cost for business and industry. As an employer you are legally obliged to take steps to protect the psychological and physical well-being of your staff. Skill Boosters' 'Under Pressure: Successfully coping with stress' is one of those steps.

This practical training resource, available in e-learning, video or LIVE trainer-led format has been devised by Professor Cary Cooper CBE, a leading world expert on stress management, and developed in partnership with Robertson Cooper Ltd. It will help your staff identify the early signs of stress and provide fresh insight on how to handle the inevitable pressures of the workplace.

How this course will benefit your organisation

Once trained your people will understand how to become more resilient to workplace demands, and learn to use their time and energy more efficiently. As they begin to deal more effectively with the pressures of the modern workplace their psychological and physical health will improve, and the organisation will see lower staff turnover and reduced absenteeism.



Key learning outcomes

'Under Pressure: Successfully coping with stress' will help your staff:

- Recognise the 'stress zone'
- Assess their vulnerability
- Cope better and avoid panic
- Work smarter
- Achieve work/life balance
- Support colleagues
- Deal with bullying
- Learn relaxation techniques

Produced by Skill Boosters
in partnership with:

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Robertson Cooper Ltd is a leading Business Psychology Company specialising in motivation and well-being in the workplace, led by Professor Ivan Robertson and Professor Cary Cooper. Both leading industry experts, Ivan has published over 35 books in the arena of Occupational Psychology. Cary is Professor of Organisational Psychology and Health at Lancaster University and is a world-leading expert in stress management and has published over 80 books.

“ More and more cutting edge organisations acknowledge that their people face pressures which if not dealt with effectively can lead to stress. I've designed Under Pressure as a personal development tool that will complement or form a key part of any organisation's stress policy. ”

Professor Cary Cooper CBE



UP-CFS-0807

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Course details

Overview

Via a choice of video, CD-ROM, e-learning, or LIVE trainer-led format this course uses dramatic scenarios, animation, expert analysis and interactive quizzes to provide a complete 'stress-busting' kit. Suitable for people in all parts of the organisation, it has been developed to help staff at any level including: foundation level employees, operational managers and staff, HR managers and trainers, and senior executives.

Course Content

This course will help to improve employee morale and develop employee potential by showing your staff how to spot potential pressure points in their working day, and arming them with the techniques to handle them. The content and structure of this course has been planned to give your staff the power to turn workplace stress into positive energy.

Video

Part 1 –

Think Smart!: Includes Understanding stress • Symptoms of stress

Part 2 –

Work Smart!: Includes Plan your day • How to say no

Part 3 –

Relax: Includes Progressive muscle relaxation • Visualisation techniques

E-learning

Includes All of the above plus: Stress busters • Checklists • Assessment

LIVE trainer-led

LIVE trainer-led workshops can be tailored to your specific needs.

What sets Skill Boosters apart?

- Our courses consist of credible and best practice learning content developed in partnership with leading subject matter experts
- We can blend subject matter and delivery methods in a unique way
- Our training solutions can be tailored to suit the needs of your staff and organisation
- We create innovative learning technologies to deliver inspiring and accessible training solutions
- Our background and expertise in television, multimedia and education enables us to create rich media-based training solutions which engage learners throughout their learning journey
- We offer a no-obligation 'try before you buy' service

“ I have come to expect good service from your organisation and you have not failed again. When we need programmes like 'Under Pressure' I have no hesitation on using Skill Boosters. ”

Darrin Stevens
Group Training Director
Polestar

Delivery formats available

Video with trainer notes and self-study guide.

CD-ROM and Intranet with user booklet.

LIVE trainer-led workshops

Duration

Video: 51 mins.

E-learning: 190mins.

LIVE trainer-led workshops half day or one day

Please contact us for pricing options, special offers or to discuss a tailored model.



Organisations that have already invested in and reaped the benefits of this course: OXFAM NORWICH UNION LIFE CENTRAL ARBITRATION COMMITTEE DEPARTMENT OF HEALTH HM TREASURY NORTHERN IRELAND PRISON SERVICE BBC WELLA LINCOLN COLLEGE NORTH OXFORDSHIRE COLLEGE UNIVERSITY OF BRADFORD UNIVERSITY OF WALES BIRMINGHAM SOCIAL SERVICES CORNWALL COUNTY COUNCIL THAMES VALLEY POLICE NOTTINGHAMSHIRE FIRE AND RESCUE SERVICES BANK OF ENGLAND HBOS FINANCIAL SERVICES BAE SYSTEMS DARTFORD BOROUGH COUNCIL NELSONS SOLICITORS MOD KELLOGG MGT SERV'S CENTRE YORKSHIRE TELEVISION