

Managing Pressure and Change in the Workplace

Introduction

Most organisations will, at some stage, go through massive changes and all businesses have to deal with subtle changes every working day. This can cause an increase in pressure for the business and all of those within the business. Individuals have different ways of coping with this increase in pressure and some individuals need support to manage these stressful times. Understanding how to change the way we deal with pressure allows us to choose and react in different ways that benefit the organisation and us, as the individual.

Aims

This 1-day programme is designed to look at what causes tension and stress and then identify ways of dealing with the changes to improve the working environment and produce a calm, happy and more effective workforce.

Benefits – to the individual

Individuals will:

- Be more aware of physical, emotional and behavioural effects of stress
- Understand the 'pressure curve'
- Explore coping strategies
- Understand how to use the primary, secondary and tertiary levels of intervention

Benefits – to the organisation:

The organisation will:

- Have a proactive workforce
- Experience a better working environment
- Reduce the cost of stress in the workplace
- Have a workforce that can recognise the early signs of stress and manage this effectively

Which will lead to:

- Improve productivity
- An improved atmosphere
- A decrease in stress related absenteeism

Who Should Attend

This training programme will benefit people in the organisation who are subjected to constant changes and feel they need some input on how best to deal with stress at all levels.

Managers wishing to recognise and 'head off' the cause and affect of potential stress related problems.

