

Stress control

Stress Control – training workshops for managers and staff

The Stress Clinic provides training for managers and staff that raise awareness and minimise organisational risks associated with stress at work.

Our training workshops can be designed either for employees or managers or both together! Content varies and is subject to agreement with you, our client. We are happy to pilot courses to ensure that they will be effective for your organisation. Please note that we can also provide coaching, clinical and risk assessments, independent investigation, and other individual interventions if required.

Please call me, Derek Mowbray, on 01242 604 271, or email me derek.mowbray@psychologistsdirect.org for information, quotes and to discuss your specific requirements.

Stress is idiosyncratic; one person's pressure (a stimulant) is another person's stress. Stress is hard to define, and, as such, is often regarded as a minor problem, easily solved. However, stress accounts for almost half of the reasons why people are absent from work. Stress costs business and the taxpayers billions in lost productivity.

Headline content:

- What is pressure, strain and stress?
- Identifying stress and risks of stress.
- Why eliminating stress is important to your business or service.
- The Health and Safety Executive (HSE) Management Standards.
- Undertaking a staff survey- obtaining buy-in from staff.
- Preventing stress – creating a stress free environment – an approach
- Preventing individual stress – ten ways of preventing stress at work.
- Managing stress at work.
- Return on Investment.

Major Benefits:

- Substantially raised awareness of stress, how it impacts on business and services; legal, insurance and personal implications.
- Provides an approach to the creation of a stress free working environment.
- Provides approaches to preventing and controlling personal stress.
- Provides advice on how to conduct a staff survey.
- Reduces costs of sickness absence, staff turnover and presenteeism.

Dr Derek Mowbray is widely recognised as an expert in stress control and the prevention of stress. He contributes regularly to HRZone and the HSE blog. His national presentations to the NHS Employers in 2008 and to the annual conferences of the International Stress Management Association in 2008 and 2009 were praised for their clear sense of direction in preventing and controlling stress.

Derek Mowbray is visiting Professor in Psychology, an Independent Technical Expert for the European Commission, an Expert Witness in Stress Management, and an experienced top manager in the public, private, education and voluntary sectors.

With partner, Alan Bradshaw, also widely recognised as an expert in stress control and the founder of In Equilibrium, they have set up The Stress Clinic to provide organisations, managers and employees with services that prevent stress and enhance well-being at work.

www.derekmowbray.co.uk

The Stress Clinic is the trading name of The Stress Clinic Limited. Registered in England and Wales No: 06977186.

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