

# Tackling Stress at Work



**Brief Overview:** Manchester PCT has developed a strategy for tackling stress at work, including a 'Tackling Stress at Work' policy, conducting a stress survey and running problem-solving focus groups. In order to fulfil their responsibilities under the strategy, people managers need to have knowledge and skills to identify sources of work-related stress and how to address them.

**Learning Outcomes:** Participants will learn how to take up issues and resolve problems at the departmental and organisational level. The course covers:

- Recognising signs of stress in individuals and in your department and the whole organisation.
- Using a risk assessment model, how to identify what can cause stress at work.
- Developing strategies to tackle some of the root causes of stress.
- Identifying your needs for further help, support and training.

*Please note: The course is **not** about helping individuals to 'cope' with stress that they may feel personally – but by providing skills, knowledge and tools, it should help to avoid that stress in the first place.*

**Associated KSF Dimensions:**

Core 1: Communication                      Core 3: Health, Safety and Security  
G1: Learning and Development        G6: People management.  
HWB1: Promotion of Health and Wellbeing

**Other Related Courses:** This course will complement other management courses available, e.g. Top 10 HR Issues, LEO, Key Skills for Line Managers; Grasping the Nettle.

**Delivery Method:** Workshop, group work, discussion and practice using case studies

**Target Audience:** People Managers and Staff Side representatives

**Name of Trainer:** Caroline Bedale, Senior Public Health Development Advisor

**Length:** 1 Day                                      **Frequency:** Once

**Dates, Times & Venues:** Sessions commence promptly at 09.30 am and finish at 16.30pm, please arrive 15 minutes beforehand for registration. Light refreshments are provided but please bring your own lunch.

<b>Thursday 30 October 2008</b>	<b>Room G33 Cornerstone Centre</b>
<b>Tuesday 2 December 2008</b>	<b>Boardroom Southmoor house</b>
<b>Wednesday 28 January 2009</b>	<b>Room 16 Mauldeth House</b>
<b>Thursday 19 March 2009</b>	<b>Room G33 Cornerstone Centre</b>

To book a place, please complete a course nomination form and return to: Learning & Development, Southmoor House, Southmoor Road, Wythenshawe, Manchester M23 9LH or Fax to: **217 4436**  
All training must be pre booked and admission to the course will be refused without prior registration. Late arrivals may not be admitted; a £50 fee will be charged for non attendance or late cancellation of the course.