

## Team Stress Management – 1 Day Course

### Course Overview

This course is designed to help managers and supervisors to better understand, manage and prevent the effects of stress, on their teams while allowing them to find and perform at their own optimum level. A demonstration of one or two alternative therapies will be given.

### Who Should Attend

This course is designed to help Managers, Supervisors and Team Leaders develop their ability to recognise and manage stress levels within their teams.

### Course Content

#### Understand How Stress Manifests

- Individual
- Performance
- Team
- The real cost of stress

#### Recognise your own stressors

- Knowing your reactor buttons
- Prevention is better than a cure

#### Strategies for Managing Stress

- Using thinking, behavioural skills and physical skills
- Alternative therapies

#### Tools for Leaders

- Source of stress in workplace
- Impact of organisation culture/management style

#### Managing stress in the team

- Adjusting level pressure to reduce stress and enhance performance
- Identifying bullies and addressing the problem

#### Closure

- Discussion

### Additional Information

- CD Manuals and Certificates provided
- Course timings – 9.30 am- 5.00 pm
- Buffet lunch included and free parking available on site
- Joining Instructions will be sent prior to attending the course

### Course Costs

To book this course or for further information please contact the training team on Tel - 01604 655 900 or email – [training@paradisecomputing.co.uk](mailto:training@paradisecomputing.co.uk)

