



Stress Buster

What's this about?

Six hour training in two sessions exploring the causes of stress and how we can manage ourselves to manage this underrated dis-ease and potentially disabling condition

Assessing management systems and cultural behaviours which may increase the probability of stress related incidents

Identification of people at risk and those who are more susceptible

What will this get for you?

An understanding of the psychological causes of stress and the symptoms associated with its identification

Skills you can use to help avoid and deal with the psychological causes of stress

Techniques you can employ to avoid or reduce potential stressful situations

An understanding of the physiological causes of stress and the introduction of systems which reduce the probability of stress related incidents

The knowledge and ability to understand cultural and social behaviours which may increase the risk of stress related occurrences

An introduction to compliance with the HSE's Management Standards to Work Related Stress

Who's it for?

Pro-active management teams and individuals who wish to enhance their awareness and knowledge of stress and its ongoing effects and are enabled to take meaningful appropriate action

For more information?

Contact Paul Ludford at APLnlp, the details are below