

## Expert help when it matters

Excessive stress is an all too common problem in the workplace. But it doesn't have to be that way. With the Human Factor, your people can learn to manage their stress. And you can soon discover aspects of stress that can be turned into a positive force in business.

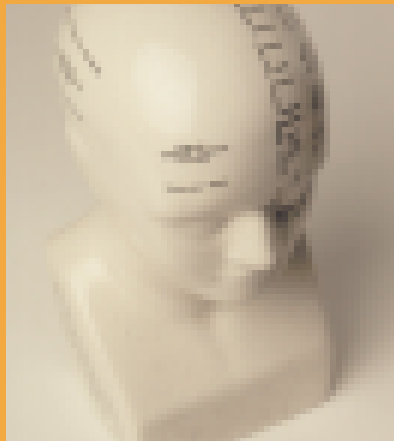
Our expert stress management consultants and trainers will prepare and deliver a course perfectly designed to meet the challenges of today's pace and business.

And, of course, every organisation is unique, which means we will tailor the course to match your organisation's needs.

From recognising the early signs of stress to offering practical guidance on coping with it, our highly experienced team of consultants will provide your organisation with solutions that count.

## Let's work together

So, if you're serious about eradicating the damage inflicted on both your organisation and your



## GET IN TOUCH WITH THE HUMAN FACTOR



people as a result of stress, it pays to talk to us.

We'll meet with you to find out more about your needs then design a programme that meets them exactly.

The result? Your people learn to deal with stress, which, in turn, means better people and a better business!

Alternatively, rather than a purely 'in-house' programme. If you would like your personnel to attend one of our generic courses, where they can exchange ideas with people from a wide spectrum of business interests, simply contact us. And they will experience one of the most rewarding stress management programmes they have ever attended.



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# STRESS MANAGEMENT

*Controlling and coping with  
stress in the workplace*



THE  
HUMAN  
FACTOR

International Management Development  
& Leadership Consultants

## TAKE THE PRESSURE...

In times of pressure at work and home, we can all fall prey to periods of stress. In fact, it's claimed to be one of the biggest barriers to effective performance. Research clearly shows that demands on our time, exacerbated by feelings of helplessness, can develop into anxiety, ill health and degraded performance in the workplace.

Unfortunately, it's an all too often overlooked condition. Why? Because sufferers invariably feel that admitting to feeling stressed in some ways reveals a personal weakness. And yet the truth is, stress can strike anyone at anytime.

It is in fact possible to identify stress in both yourself and others, and then control it – even make it work in your favour.

And that's exactly what our Stress Management course will enable in your people.



# ...ELIMINATE THE STRAIN

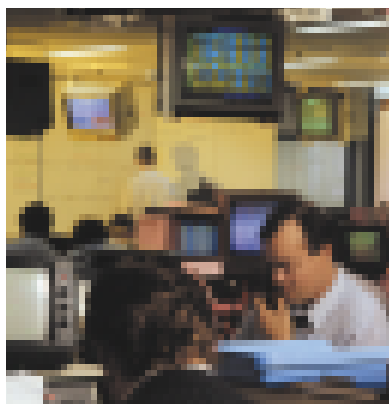
## A partnership

At the Human Factor, our Stress Management Course is designed specifically to equip delegates with practical self-help strategies for combating the everyday effects of high levels of stress.

Our training consultants will help delegates to understand and apply the methods of dealing with stress, at the same time highlighting flawed methods that in fact make matters worse.

An effective Stress Management culture is part of an organisation's duty of care, and yet it's not all down to you, the employer!

The Human Factor will instill in your people a more self-aware and sensitive approach towards stress and stress management, improving the quality of judgement under pressure, and enabling people to feel more in control of the factors that encourage stress in the first place.



## How the course tackles stress

What's on offer? The Stress Management course starts defining the problem, helping delegates to understand the physiological and psychological characteristics of stress, and therefore, how to recognise and deal with them.

The course, which can be tailored to last one to four days, depending on depth of content, comprises a mix of profound theory and practical exercises, in combination with workshops and breakout groups.

## Here are some of the benefits of attending the course:

- Learn how to manage stress to improve corporate performance
- Understand the impact of too much or too little stress
- Learn how to set objectives, prioritise, and manage time more effectively
- Identify ways of improving team performance through stress management
- Learn how to motivate yourself and your staff when under pressure

## The course at a glance

- Defining stress
- Recognising the signs and causes
- The impact of stress on physical health
- Setting priorities and goals for others
- Self-audit stress management techniques
- Self-help techniques