

### Overview:

Managers often feel stressed trying to cope with both the demands of their senior managers as well as manage a team. The Aim of this workshop is to equip Managers with practical strategies to manage stress and build resilience in themselves and others. It also covers what steps managers can take to resolve any issues.

**How long is the Course?** Half a Day (Full Day is optional)

### Who it is Aimed at?

This session is aimed at Managers who want to improve their effectiveness by learning how to handle personal stress and develop resilience when working under pressure. In addition, how to also help others under stress as their manager.

**Please Note: There is a separate course for Employees called 'Stress Awareness and Building Resilience.'**

### Learning Outcomes:

By the end of this session participants will be able to:

- Define stress and resilience
- Identify the factors that contribute to work related stress
- Recognise the signs and symptoms of stress in yourself and others
- Identify healthy lifestyle changes such as nutrition, exercise, relaxation and sleep
- Define how to support others as a manager
- Identify policies and procedures when dealing with stress in others
- Create a positive working environment and leadership style.

### Course Content:

- Define what the stress response is and why it is damaging to health
- Identify why managers get stressed in the workplace
- Manage our own stress and build resilient thinking strategies in times of change
- Changing perception and response using reframing and positive thinking
- Using meditation, breathing exercises and mindfulness to restore balance
- How to have work/life balance by behavioural changes such as time management
- Signposting others for internal and external support e.g. Employee Assistance Programme.

### Max Number of Attendees 12

This course is either a stand-alone session or can form one element of our Staff Change Support Programme. The other elements are:

- Completing Job Applications & Interviewing Skills
- Being interviewed for a Ring-Fenced Post
- Working in a Changing Environment (for Employees)
- Leading in Times of Change (for Managers)
- Stress Awareness & Building Resilience (for Employees)

**Trainer: Angela Daly**

Angela Daly is a highly experienced and skilled Corporate Trainer and Organisational Development Specialist who combines communication and facilitation skills, along with extensive experience, to deliver professional results. A qualified teacher of adults, Angela has many years' experience designing and delivering tailored training interventions to a diverse workforce. She is passionate about empowering, developing and supporting people to enhance their skills to improve personal performance and organisational effectiveness. Angela thrives on supporting organisational improvement and influencing cultural change by developing internal and external relationships. She is an engaging and popular trainer.