



Managing Stress in the Workplace: WorkLife for Managers

A practical approach to building emotionally healthy & productive teams

Benefits

Application of knowledge will lead to:

- Your managers will develop skills to recognise when a person needs support at work and gain confidence in handling associated management situations
- Reduced levels of stress for staff and enhanced effectiveness of teams
- Managers leading successful teams contributing to your productive and profitable organisation

Learning Outcomes

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

- Apply a practical model for considering the whole person at work
- Recognise the danger of assumptions we may make about who needs our support in the organisation
- Communicate more effectively when handling challenging management situations
- Recognise how management style and the culture of the organisation can impact on the well-being of staff
- Identify written and unwritten rules within the organisation and evaluate the implications they have for individuals
- Apply learning to reduce levels of stress and enhance the effectiveness of the team

Session Plan

10:00 – 10:20	Introductions & Welcome
10:20 – 10:30	Ice Breaker Discussion
10:30 – 10:40	Setting the Scene
10:40 – 11:05	Meet the Characters
11:05 – 11:15	Introducing the WorkLife Domain Model
11:15 – 11:35	Coffee
11:35 – 12:10	Character Group Work
12:10 – 12:20	“Who is the most stressed?”
12:20 – 12:25	Emotional Health Scale
12:25 – 13:05	Recognising the signs of stress
13:05 – 13:50	Lunch



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13:50 – 14:00	The Listening Wheel
14:00 – 15:00	Skills Practice
15:00 – 15:20	Coffee
15:20 – 15:30	Introduction to Action Planning
15:30 – 15:50	Action Planning
15:50 – 16:00	Wrap Up

Comments From Past Delegates

“A good overview of things to look out for and 4 helpful techniques for getting to the root cause”
Simon Morris Cambridge Silicon Radio, Group Leader, Software

“The role playing workshop allowed us to train and make mistakes in a safe environment”
Joshua Dupla Cambridge Silicon Radio, Group Leader, Analogue RF/IC Design

Maximum number of delegates: 20

Cost: 1 unit

To register please email our Training Co-ordinator on registrations@thelearningcollaboration.com