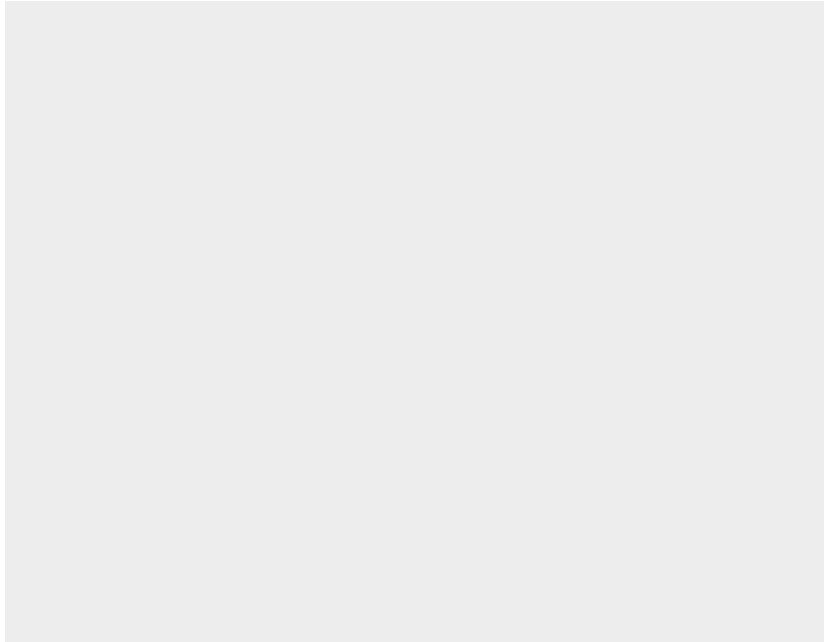


Identifying Stress in your Team



Course Overview

This Identifying Stress in Your Team microlearning course will help managers recognise and manage work-related stress in your team, including information regarding conducting both individual and team stress risk assessments.

This course is available as both a Take 5 and a Toolbox Talk, suitable for small group learning.

What to Expect


Once you have finished this Managing Stress online training course you will be able to:

- Explain why work-related stress needs to be managed.
- List what can be done to manage work-related stress.
- Recognise indicators of stress in your team.
- Identify when to make an individual stress risk assessment.
- Describe the steps that need to be taken in an individual stress risk assessment.
- Identify when to make a team stress risk assessment.
- Describe the steps that need to be taken in a team stress risk assessment.
- Recognise how to assess how your behaviour as a manager affects your employees.
- As a manager you can help to reduce the effects of stress in the workplace and get the best from your team.

Course Details

Course Duration 5 minutes

Languages English

Technical Requirements 

Guide Pricing

1+ Licenses	£29 per learner
11+ Licenses	£25 per learner
21+ Licenses	£20 per learner
51+ Licenses	£15 per learner
101+ Licenses	£10 per learner
*guide prices are per learner, per year	

For 150+ learners, please contact us for a quote by telephone or email:

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