

## Stress - Identifying Stress in your Team

Knowing the signs of stress in your reports and acting on them



### Course Overview

Over time, uncontrolled work-related stress can lead to anxiety and depressive disorders, which are among the leading causes of absence. Would you know how to spot the signs if it appeared in your team?

Our Identifying Stress in Your Team short course is a single module exploring what work-related stress is, how to spot it and how to support your team if they are stressed.

It gives examples based on common scenarios managers might see playing out in their reports and suggests practical ways to reduce the burden of stress on their team before it becomes a larger issue.

### Key Learning Points

- How common work-related stress is
- The 6 key areas that can cause stress
- Signs an employee is suffering from stress
- Techniques for managing your team's stress
- How to support your team

Learn More



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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### Great Value Package

You can buy this course on its own or for greater value why not buy the full package of Health and Safety Training courses?

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