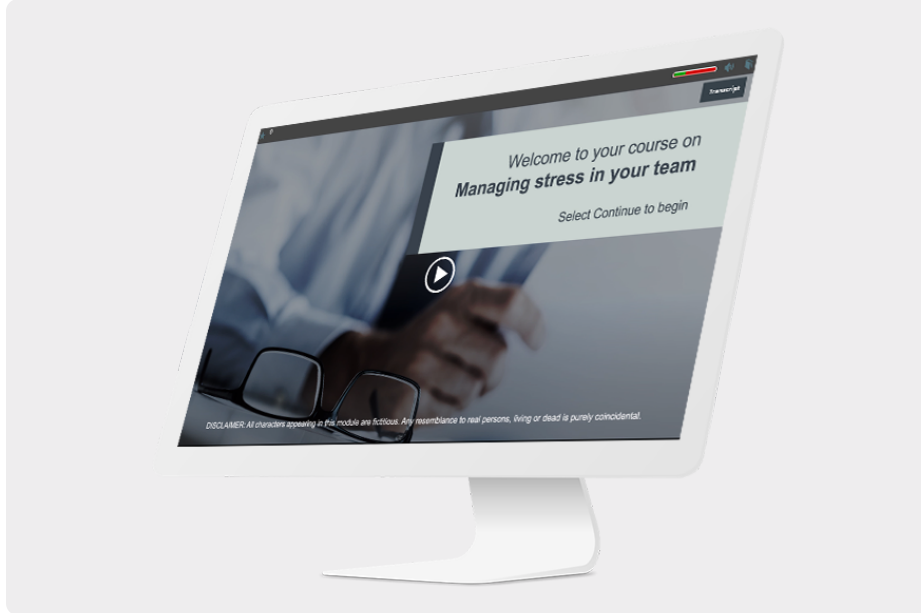


## Stress Management in Your Team

Our online Managing Stress in Your Team course explores the role managers play in spotting and handling work-related stress in their teams.



### Course Overview

To ensure managers know how to identify and treat stress, our Managing Stress in your Team course is specially designed to help mitigate and control work-related stress risks.

This course will help managers recognise and manage work-related stress within their team. It explains how to conduct both individual and team stress risk assessments and how your behaviour as a manager affects your colleagues.

### Key Learning Points

- Managers' role in managing stress
- Spotting the signs of stress
- Individual stress risk assessments
- Team stress risk assessments
- How managers' behaviour influences stress

[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:

[enquiries@delta-net.co.uk](mailto:enquiries@delta-net.co.uk)  
[+44 \(0\)1509 611019](tel:+44(0)1509611019)

### 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?

For more info visit:  
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