



**Duration: 30 minutes**  
**Course Code: ONBS22**

### Course Description:

Stress is a real problem for both organisations and their employees. It accounts for a significant proportion of work related illness each year. Being aware of the signs of stress, some of the triggers and how to manage them can make a real difference to your well-being and that of people around you.

### Who Should Attend Stress Management Training?

- This course is ideal for anyone who feels they need to take greater control over their situation, and or influence that of colleagues, in managing the workplace stresses.

### Course Contents:

- What Is Stress and Why Is It a Problem?
- The Causes and Symptoms of Stress
- The Law on Stress and Its Contravention
- Minimising the Risk of Stress

### Related Courses:

- Customer Care | Code: ONBS25



**Give us a call if you wish to purchase this course: 0114 281 3350**

