

## Managing Employee Mental Well-being

**Course Duration** : 1 day

### Course Overview

Work-related stress (WRS) accounts for 37% of all ill health cases and 45% of all working days lost due to ill health. The total number of working days lost in 2015/16 was 11.7 million. The overall economic cost to Great Britain was estimated to be over £5 billion. (HSE)

As an employer/ manager/supervisor, you have a key role in minimising the risk of stress in the workplace. Understanding how stress can affect the health of staff, reduce their productivity and lead to performance issues for both individuals, teams and your organisation, undoubtedly stands you in good stead to prevent harm and create a positive working environment.

Because stress can be caused by external and internal factors, managers need to be able to help staff by controlling the pressure from the organisation. In addition to be able to offer support to any individual who either approaches you or who you identify as showing signs of stress.

### Course Content

#### Key Topics

- What stress is and how to recognise it in others and themselves
- Stress - What the Law Says
- Creating the Right Climate - how to manage effectively
- Communication skills for discussing the problems
- HSE Stress Management Standards & Competency Tool
- The Cusp Framework
- Other Employer Schemes and Guidance

### Other Courses in this Series

[Managing Stress - Power up Your Mental Resilience](#)

[Assertiveness Skills](#)

[Customer Care Dealing with Difficult and Aggressive Behaviour](#)

[Personal Effectiveness and Communication Skills](#)

### Training Options

- Public scheduled courses at one of our training venues
- Private course at your company office. Training can be delivered throughout the UK
- Bespoke customised courses written to your specific needs, delivered at client's premises throughout the UK, at our training venues or a convenient third-party location
- For further information please contact us on 0191 377 8377

