



# On course for stress awareness and management

Because everyone  
needs a back-up plan



Stress-related illness is one of the most common reasons employees give for sickness absence. Even if it doesn't cause absence, stress can have a material negative impact on productivity and staff engagement. Without early management it can result in prolonged absence and high costs businesses haven't planned for. Recognising the signs and reducing the triggers is a vital skill for line managers in the modern workplace.

This workshop has been developed with valuable input from Affinity Health at Work, a leading UK occupational psychology consultancy at the forefront of research into workplace behaviour and stress.

<b>Who should attend?</b>	The workshop is primarily aimed at line managers and HR professionals.
<b>Why?</b>	Participants will hear about, and try out, a range of practical tools they can use to support themselves and their teams in managing the effects of stress.
<b>What does it cover?</b>	<p>At the end of the session, participants will be more confident about</p> <ul style="list-style-type: none"><li>• Managing stress and why that is important</li><li>• The role of the manager</li><li>• Recognising signs of stress</li><li>• Building and maintaining resilience</li><li>• Providing support during stressful times</li></ul> <p>All this will be illustrated through case studies and group discussion.</p>
<b>Who delivers the workshop?</b>	A Vocational Rehabilitation Consultant from the Unum team who has worked with employees experiencing stress and seen the techniques featured in the session work in practice.
<b>How long do the sessions last?</b>	2 to 2.5 hours.
<b>How many participants at each one?</b>	10 to 25.
<b>Do they have to be face-to-face?</b>	No, the workshop is also available as a webinar.
<b>Any pre-work?</b>	A short read only, so participants have a basic level of subject knowledge at the start of their session.

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