



MANOR HOUSE HEALTH AND SAFETY

STRESS MANAGEMENT

Course Duration	Half Day
Who will Benefit	Anyone at work, whether in a management role or not
Relevant Legislation	The Health and Safety at Work etc Act 1974 The Management of Health and Safety at Work Regulations 1999
Course Objectives	To help you to understand the causes of stress at work, and to identify and solve problems in your workplace. To help improve your employee's commitment to work; to reduce the amount of sick time To improve staff performance and productivity; To reduce staff turnover or intention to leave; To increase your customer satisfaction;
Maximum Number of Delegates	20 depending upon room size

Premises need to have comfortable seating for all delegates, and a mains electricity supply.