

Managing Wellbeing

Aim To enable Managers to take care of their own wellbeing and help others to maintain theirs

Objectives By the end of this workshop, Managers will be able to:

1. Explain the difference between pressure and stress
2. Name the five forms of pressure identified by the Health and Safety Executive
3. Identify the 'early warning signs' that often precede stress or burnout
4. Describe the things that they can do to enhance and strengthen their wellbeing
5. Manage stress related issues in accordance with the HSE Stress Management Standards
6. Produce a wellbeing action plan based on the insights they have gained

Format

This course blends psychological principles with practical techniques

Overview

- Understanding the essential difference between experiencing pressure and being stressed
- An exploration of the three primary sources of pressure that people experience
- Understanding the psychology and physiology of the pressure curve
- How to recognise the indicators that can precede stress or burnout
- The six potential sources of workplace pressure identified by the HSE
- An exploration of the wellbeing resources; strategies and lifestyle choices available to us
- The three pronged approach to enhanced wellbeing
- How twenty-first century assertiveness can help prevent stress or burnout
- Using the Holmes-Rahe evaluator to understand the potential impact of events and situations
- An exploration of the HSE Stress Management Standards and Competencies For Preventing And Reducing Stress At Work
- Managers will complete their Personal Wellbeing and Managing Wellbeing Action Plan

