

Managing the work/life balance

Tuesday 7th June 2016, 1.30pm – 4.30pm £65

Venue: Meet the Bridge, Southwark Bridge Road, SE1

Course Overview

Maintaining a healthy work life balance is the key to managing everyday stresses. You have more control over your stress than you might think. Managers have an important role to play in manage stress at work.

Aims and Objectives

This practical half day workshop will develop your confidence to tackle workplace stress in yourself and your team. It will help you identify stressor and manage them effectively. It will identify the benefits that a positive approach will have on you, your colleagues and the people who use services.

At the end of the workshop you will:

- Understand what stress is
- Be able to identify stress in yourself and others
- Manage strong emotions and assertively challenge negative or destructive attitudes or behaviours

Workshop Summary

13:15	Arrival and Registration
13:30	What is pressure and what is stress?
14:00	Recognising your own stressors
14:30	Signs of stress in others
14:45	13 steps to easing stress
15:00	Tea and Coffee Break
15:15	Assertiveness skills
15:45	How to reduce stress at work
16:15	Summing up
16:30	Workshop Close