

"The workshop gave a good overview of an important issue in our workplace. We learnt practical ways in which we can identify and deal with stress on the job."  
Account Manager

# Managing Stress in the Workplace

2018 DATES:

19 April | 18 September

In May 2003, significant changes were made to Health and Safety legislation in NZ, resulting in the Health and Safety in Employment Amendment Act 2002.

Given this, organisations have identified a need to up-skill their managers and supervisors in regard to identifying, preventing and managing stress in the workplace.

This one day workshop will give managers the confidence to deal with stress in the workplace appropriately through covering:

- Management of stress - the statutory framework and requirements
- Defining stress
- Strategies to identify stress in the workplace
- How and why does it affect us?
- Individual responses to stress
- The effects of stress
- Employer responsibility
- Employee responsibility
- The role of management
- Proactive stress management.

**Follow-Up** is proven to be a critical success factor of initial workshop investment. We will follow-up with each individual at a 'Fitness Check.' This personalised 1on1 training session will be four weeks post-workshop and ensure the skills learned are being demonstrated in the workplace.

**Workshop and Fitness Check: \$1,150.00 +GST per person**

**Workshop only: \$850.00 +GST per person**

**ProFormance Workshops:** ProFormance workshops are limited to a maximum of eight attendees so participants receive one-on-one coaching and active involvement in an optimal learning environment with colleagues from similar industry backgrounds.

**Central Location:** The workshops will be held in a central Auckland location and includes all materials and refreshments.