

# HOW TO DEAL WITH STRESS IN YOUR TEAM TRAINING FOR PEOPLE MANAGERS

Stress and anxiety are becoming a modern-day epidemic, and represent 35% of all work-related absences.

- As a manager, how do you respond when you think someone in your team may be becoming anxious or stressed?
- What do you do when they come to you with problems at home or at work which are causing them anxiety?
- How do you create an environment in which your team can thrive?

## THE STATISTICS

- 1 **1 IN 4 PEOPLE** will experience mental ill-health.
- 2 **ONLY 47% OF MANAGERS** are given enough information to support teams. Managers are less likely to seek help themselves or take time off.
- 3 **23% OF PEOPLE SUFFERING** received no support at all from their employer.

Statistics from [www.time-to-change.org.uk](http://www.time-to-change.org.uk)



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I'd like all the managers who report to me to attend this course. The more awareness people in management positions have to understand how stress and mental health issues show themselves in the workplace will be a good thing.

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Both trainers were beyond fantastic.

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This should definitely be rolled out across all management 100%. I learnt so much in that day that will stay with me through my career!

## LEARNING OUTCOMES:

By the end of this session, managers will be able to:

- ask open questions leading to early identification of an issue
- understand where reasonable adjustments should be made to protect someone's mental health and the business
- have a clear view of the legal framework in which they are operating
- see the factors that cause stress at work and the conditions in which their team doesn't just survive, but thrives
- use tools to develop self-mastery.

### WHAT YOU NEED TO KNOW:

- This is a one-day course which can be run in house. It is run by two facilitators – one of whom is an expert in health and HR and the other an expert in building teams that thrive.

The Healthy Work company specialises in Mental Health, Influencing and leadership training. With a particular understanding of the health & safety market we tailor courses or facilitate team meetings to suit your requirements. We are trained to deliver MHFA, and can discuss a full mental health programme with your leadership team.

WE HAVE DELIVERED TRAINING  
TO SUCH BUSINESSES AS:

  







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