

Event Programme

Managing Workplace Stress

25 June 2019 – Hilton Newcastle Gateshead, Bottle Bank, Gateshead, NE8 2AR



Who should attend?

Macnaughton McGregor is the country's leading exponent of drama-based safety training. This one-day programme is aimed at individuals who have a responsibility to influence and manage workplace stress.

Why attend?

This programme is structured around the 6 HSE standards for the control of stress in the workplace. These are universal requirements for the stress management compliance.

Macnaughton McGregor programmes furnish you not only with the knowledge and tools to effectively manage stress in the workplace but most importantly through the use of our unique Living Case Study process allow you to build the practical skills necessary apply this knowledge back in your workplace.

The scars of mental stress are hidden but the consequences of it are all too visible. It is a harsh fact, however, that stress and stress related absenteeism costs the U.K. 11.7 million lost work days per year*. Compare this to the 4.5 million days lost to work place injury and it becomes all too apparent why we should be giving far more serious consideration to workplace mental health.

A well workforce is not only more productive but safer. This is the business case. But can we really reduce people's wellbeing to pounds and pence? Health, both mental and physical, should not only be a business case, it should be a moral obligation.

Key topics

Key topic covered in this programme are:

- Recognising the symptoms of stress in self and others
- Understanding the difference between chronic and acute stress
- Understanding the HSE standards for workplace stress management
- Identifying practical stress support mechanisms
- Develop practical coaching skills to identify and deal with issues of mental wellbeing
- Using the HSE standards as a framework to formulate a plan of action to practically manage and reduce stress in your workplace

Programme

08.45	Coffee and registration
09.00	Overview of the day
09.15	Know the person know the signs
09.30	Stress the impact and definition
10.00	Behaviours / Attitudes and Environment Breaking the feedback loop of stress
10.15	HSE Standards Examining the HSE standards for the stress control in the working environment
10.30	Break
10.45	Living Case Study Broaching the difficult mental wellbeing conversation. Exploring communication skills
12.00	Recognizing the signs Reflecting on the Case Study to identify universal signs of stress.
12.15	Lunch
13.00	Secret Artist An enjoyable exercise to highlight feelings of isolation
13.20	Advanced questioning techniques An introduction to advanced questioning essential for effective communication
13.45	Examining incident specific and accumulative stress and coping mechanisms
14.15 (inc Break)	Team Talk Dealing constructively with stressful characters and situations.
15.15	The hierarchy of stress management
15.30	Applying the HSE working standards In a supportive coaching environment formulating practical plans of action to effectively manage stress in your own workplace
16.15	Share strategies Establishing common issues and management techniques
16.30	Review and close