

Course Description

Title	Under pressure
Subtitle	Coping successfully with stress
Duration	60 mins
Short Description	Workplace stress is now a major cause of mental health problems and a huge cost for organisations. Devised by leading stress expert Professor Cary Cooper CBE, this course looks at some of the key triggers for stress and examines what we can do to support psychological wellbeing in the workplace.
Introduction	<p>Stress is not just a problem for individuals: it's now a major cause of mental health problems and consequently a huge cost for business and industry. As an employer, you are legally obliged to take steps to protect both the mental and physical wellbeing of your staff - and being able to spot the warning signs of stress and support your employees effectively is a key tool to maintaining a healthy and productive workforce.</p> <p>Devised by Professor Cary Cooper CBE, a world expert on stress management, and developed in partnership with Robertson Cooper Ltd, 'Under Pressure' is designed to help you and your staff identify the early signs of stress and provides fresh insight into how to handle the inevitable pressures of the workplace.</p>
Learning outcomes	<p>This course will give a better understanding of how to:</p> <ul style="list-style-type: none">• recognise the 'stress zone'• become more resilient to workplace stresses and demands• achieve better work/life balance• support colleagues who are experiencing stress• deal with bullying• master effective relaxation techniques.
Course partners	<p>Robertson Cooper Robertson Cooper Ltd is a leading business psychology company specialising in motivation and wellbeing in the workplace.</p>
Subject Matter Experts	<p>Sir Cary Cooper- Professor of Organisational Psychology and Health, Lancaster University</p>
Contributors include	