

## Bupa stress management workshops

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### Managing the pace for managers

Managing stress levels in the workplace has become a key business skill as the pressure to perform continues to increase.

Employees need a range of skills to be able to maximise performance in a sustainable way. The duty of care to protect employee mental health through risk assessment, training and support is leading many organisations to provide comprehensive stress management training for employees.

Other key drivers are rising absence levels due to stress, and the risk of litigation. But the best reason for training employees how to cope with, and even thrive on stress, is that they will be healthier and happier, more productive and creative.

Managing the Pace for Managers has been designed to help managers help themselves as well as their team members through emphasising stress prevention, simple effective stress management interventions, and accessible paths to balance and renewal. Many managers lack the skills and knowledge to cope effectively with stressed employees, and this workshop will help them to use robust and practical procedures to deal with stress and psychological illness.



Participants will learn:

- how to recognise when pressure and stress are getting out of hand
- how to recognise unhelpful mental habits and replace them with helpful ones
- simple lifestyle changes that will make a real difference to productivity
- the impact of emotions on performance, and the benefits of 'emotional intelligence' skills
- key resilience-builders such as relaxation and focusing techniques, getting maximum support and increasing 'calm energy levels'
- how to remain calm when dealing with 'difficult' people
- time management through 'personal management' and simple, practical tips to avoid the tasks that just aren't important.

The workshop also includes modules which focus on aspects essential to the role as a manager:

- identifying the stressed employee
- HSE management standards
- legal responsibilities of managers, with up-to-date
- tribunal and legal case studies
- counselling skills for approaching a stressed employee
- key procedures for dealing with stress-related illness and absence.

Delegates for this workshop will complete an action plan and receive a reminder of its key elements three months post-workshop. They will receive a workshop summary plus a special summary of essential information for managers on legal responsibilities, procedures and counselling skills for managing cases of stress.



## About the facilitator

The facilitator is Alyssa Abbey MSc, Bupa stress management consultant and physiologist, who specialises in health and performance in the work environment. She has worked for over 14 years with many major organisations and city institutions, delivering innovative and highly effective programmes on a one-to-one and group basis.

One day workshop  
£1,500 plus VAT

Half day workshop  
£1,000 plus VAT

Ideal group size is 8 to 15, however, the workshop can be adapted for groups of any size.

For more information contact Bupa Wellness on  
0845 600 3476 or email [wellness@bupa.com](mailto:wellness@bupa.com)