

Stress Management

Duration: 1 Day

Time: 9.30 am to 4.30 pm

Venue: Orkney College

Dates: Date on Application

Cost: £87.00 (includes tea/coffee & lunch)

Qualification:

Orkney College attendance certificate

Target audience:

Anyone managing staff

Course content:

The course will include the following topics:

- Introductions
- Definition of stress
- How stress affects people
- Signs and symptoms of stress
- Health & Safety Executives Management Standards
- Challenges for a manager in managing stress

To reserve a place on this course please complete and return the booking form and confirm payment method (cheques made payable to Orkney Islands Council).

PLEASE REPORT TO RECEPTION ON ARRIVAL