



Managing your Own Stress

Time	9.30am to 4.30pm (Registration 9am)
Duration	1-day
Who for	Admin staff in CSS
Aims and Objectives	<p>To enable participants to understand the many sources of Stress and its impact on the body Participants will demonstrate ability to;</p> <ul style="list-style-type: none">• Identify what causes themselves and others Stress• Quantify how Stressed they are• Identify actions to reduce Stress levels.• Develop effective Stress Management Techniques.
Learning Outcomes	The participants will be able to set priorities that enable improved Stress management
Content	<p>What is Stress? What causes you Stress?</p> <ul style="list-style-type: none">• Stress and Control• How stressed are you?• Managing Stress at Work• Managing Stress Action Plan
Facilitator	Sue Brett, Martello Training
To apply	Please send a completed application form to the Professional Development Unit (CSS), 1st floor, Kroner House, Eurogate Business Park, Ashford, TN24 8XU. Telephone bookings are not accepted.