

# Stress Management Training Course

This one-day course will help you develop and enhance your leadership skills related to stress at work. It will focus on practical skills that will greatly increase your abilities in all important areas of stress management.



An exciting and practical one-day training course from one of the UK's leading providers of stress management training. Designed for managers and leaders wishing to develop and enhance their stress management skills in a fun & supportive learning environment.

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solving problems

# EXCEPTIONAL STRESS MANAGEMENT TRAINING

## Introduction

In an ever increasing pace of life and business, it becomes, even more, important to manage stress and operate with a positive work-life balance. As the high cost of stress to the employer continues to grow, organisations must recognise stress in their employees and train management and leaders to manage stress productively.

During the course, delegates will explore the issues of work stress from a physiological, psychological and work perspective. We will explore issues related to absenteeism, turnover and shift-work. We will also cover suitable ways to manage stress in yourself and others.

## About the Trainer

Tony Buon is a psychologist, trainer and author. Tony holds graduate and postgraduate degrees in psychology, behavioural sciences and workplace education. He is also a Certified Employee Assistance Professional (CEAP).

He specialises in psychology, stress and communication. Tony has lectured at leading universities in the UK and Australia. Among the subjects he has taught are psychology, leadership, and communication. Tony also taught on accredited MBA & MSC (HRM) programmes at RGU in Aberdeen.

Tony was born in the UK and spent many years living in Australia. Today he lives in London. He has worked in more than 35 countries and with many of the world's leading organisations. He has particular experience with workplace problems, employee assistance and stress and work-life balance.

Tony's work has been featured in publications as diverse as Rolling Stone and the Reader's Digest. He has appeared on CNN, the BBC, Trans-World Sport and many international television and radio stations.

Tony's latest book is *Communication genius: 40 Insights from the Science of Communication*, and is published by Hachette.

### Comments from previous participants:

"...one of the best courses I have ever attended!"

I can't believe how much I learnt. I thought I knew it all, this course developed my stress management skills in really practical ways"

"...the trainer was excellent and the individual feedback and advice fantastic"

"This course will make me a better at my job, I have new skills I can use every day in dealing with all my staff and with myself"

## The Course

This course is run as a one-day course on-site, from 9-5.

### Topics covered:

- ▼ **The impact of work stress from physiological, psychological and work perspectives**
- ▼ **A focus on the occupational health and safety aspects of stress**
- ▼ **How to identify stress in others**
- ▼ **Shift work disorder (SWD) and stress**
- ▼ **Promotion of appropriate leadership skills related to managing stress**
- ▼ **Personal stress management techniques**
- ▼ **Organisational strategies to deal with stress**
- ▼ **Maintaining an effective balance between home and work life**
- ▼ **Creating an action plan for managing work stress in the organisation**

## Who is it For?

This course is suitable for all senior managers and team leaders, from Project Managers through to Directors.

**We also have a 1/2 day course suitable for general staff and advanced courses for HR and OH&S staff.**

## How is it Taught?

Participants to this seminar will receive a thorough training on stress management with the trainer utilising a variety of proven adult learning teaching and facilitation techniques. DVD clips, group work and exercises will be used to facilitate learning and provide a fun and energising learning environment.

## Related Courses:

- ◆ **Stress management for employees (1/2 day)**
- ◆ **Time & Stress Management (1-day)**
- ◆ **Absenteeism and Retention for HRM (1-2 days)**
- ◆ **Critical Incident Stress Management (1-2 days)**
- ◆ **Employee Assistance Programmes (EAP) (1 day)**