



# Stress Management and Developing Resilience

*Training for Leaders*

Recent figures from HSE show that an estimated 1.8 million workers in Great Britain are suffering from work-related illness\*, with stress, depression, and anxiety making up around half of cases.

An estimated 17 million working days were lost in 2021 due to work-related ill health. Figures like these highlight that stress and uncertainty are a fact of life for most leaders in the UK. From managing competing priorities

and tight deadlines, to navigating complex organisational challenges, leaders face a range of stressors that can impact both their personal wellbeing and performance, as well as those of their teams.

[View our training course](#)

# Aim: To provide supervisors and managers with the knowledge and tools to manage the wellbeing of their teams and meet their legal obligations under the Health and Safety Act.

## Delivery options

This training can be delivered **virtually or face to face**, as a **full day** or **half day** session.

## Outcomes for the recommended interactive session:

5-25 learners

Following attendance at this training you will be able to;

- ✓ Recognise the difference between healthy pressure and stress
- ✓ Identify the prevalence of stress
- ✓ Understand causes of stress and identify influential factors
- ✓ Learn the physical, psychological and behavioural signs of stress in individuals and teams
- ✓ Understand the stress response
- ✓ Identify the impact of stress in the workplace
- ✓ Understand the signs of burnout
- ✓ Identify factors that impact resilience
- ✓ Understand how to develop resilience
- ✓ Understand the importance of the role of the Line Manager in identifying and managing stress in the workplace
- ✓ Understand and apply the HSE Management Standards
- ✓ Engage in a reflective space (*full day sessions only*)
- ✓ Conduct applicable risk assessments and utilise wellbeing tools
- ✓ Signpost employees to appropriate sources of support

## The Course

Our training course is designed to support employees with supervisory responsibility to be able to recognise the physical, psychological, and behavioural signs and impact of stress in their teams and take preventative/supportive action to successfully manage stress related absenteeism, presenteeism and burnout.

Application of these preventative skills in your workplace will;

- Reduce staff turnover and improve retention
- Improve absence management and presenteeism
- Reduce days lost to sickness and absenteeism
- Improve quality of work
- Improve organisational image and reputation
- Improve staff understanding and tolerance

**A certificate of completion is provided to all delegates** enrolling and fully attending any of the delivery options. The certificate provided can count towards CPD. Number of hours accrued towards CPD: 4 for half-day session, 8 for a full day.

**Up to 8 CPD hours per delegate**



Contact our enquiry team on **0121 629 1165**  
or visit: [www.bhsf.co.uk/mental-health-support-training](https://www.bhsf.co.uk/mental-health-support-training)