



PREFERRED TRAINING
NETWORKS



OCCUPATIONAL STRESS

"Stress is nothing more than a socially acceptable form of mental illness." - Richard Carlson

This training course aims to equip participants with an understanding of occupational stress and how it affects the workplace. Participants will learn the causes of occupational stress and ways to deal with it, both personally and professionally. We will also discuss strategies to help reduce stress in all areas of life, from managing workloads, communication and relationships, to using relaxation techniques and mindfulness. Participants will have the opportunity to explore their own stress levels and develop effective coping mechanisms to manage them. By the end of the course, participants will have the knowledge, skills and confidence to identify, assess and manage stress in their lives and in the workplace.

Key Course Content:

- What is occupational stress and why it matters
- Employer duties under OHS laws and regulations
- Identifying common workplace stressors
- Impact of stress on health and performance
- Strategies to prevent and reduce stress
- Practical stress management techniques
- Building personal resilience at work
- Creating a supportive workplace culture
- Managing high-pressure situations effectively
- Developing a workplace stress action plan



Target Audience:

Managers and Staff



Duration:

This course is available as a 1-day course or a truncated half-day course.



Delivery:

This course can be delivered both in-person or virtually. For virtual delivery, we can use our virtual platforms or your organisations.



Group Size:

We recommend a group size of 4-10 people.



Get a Quick Quote:

Let us know if you would like an obligation free quote for your organisation.

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