

Liderança

How to Manage Worry, Stress and Well-Being in Your Organisation

Presencial

Free 2-hour seminar

O que aprenderá

You'll learn to identify and understand behaviours that are warning triggers that your employees are not coping, as well as strategies to enable you and your team not only manage these situations, but reduce the risk of them happening.

Por que precisa disso

You'll have seen the research everywhere in the news, on the internet - the pressures and pace of modern life is severely impacting on our well-being. In 2016 there were 137.3 million sick days taken - that's nearly 5 days per person. The news isn't all bad though, research also shows that organisations who have a well-being strategy reduce sickness and improve morale, productivity, recruitment and retention. As well as creating a place where good people want to do good work.

Resultados que vai atingir

You'll learn techniques to manage worry and stress, as well as how to use varying communication styles to deal with different people. You'll be shown how to disagree agreeably and will be able to show understanding and flexibility when creating solutions to well-being issues.