

Who should attend?

This one-day course is aimed at employers keen to keep their workforce running effectively.

The course is ideal for :-

- Managers
- Supervisors
- Personnel, Welfare and Training Officers
- Health and Safety Officers

Participants are encouraged to express frank opinions and share experiences.

Hull and East Yorkshire Mind
41 - 45 Beverley Road
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Don't wait until stress in the workplace becomes a sickness absence problem.
Call MindWorks today!

Phone: 01482 240134
Fax: 01482 336878
E-mail: mindworks@mindhey.co.uk



Hull and East Yorkshire Mind
Registered Charity Number: 1101976
Company Number: 4936165
Charity Registered in England



www.mindworkstraining.co.uk

Managing Stress In Your Staff For Employers

How Much is Stress Costing your Organisation?

Probably more than you think! To find out how you can reduce the cost of lost productivity and sickness absence through stress, contact MindWorks today. See inside for more info.



Tel: 01482 240134

What's in it for your company?

- Lower overheads related to sickness absence payments.
- Increased productivity through effective stress management.
- A well integrated and mutually supportive workforce.
- Ability to attract and retain higher calibre staff.
- Reduced recruitment costs due to greater staff retention.



- Be able to recognise the signs and symptoms of stress in your staff early enough, so that it doesn't snowball into a very costly problem.
- Understand your responsibilities for stress management under Health and Safety Executive guidelines.
- Reduce your own stress levels as an employer!

"The total cost of stress to employers is estimated at nearly £26 billion each year. That is equivalent to £1,035 for every employee in the UK workforce."

(Source: Sainsbury Centre for Mental Health)



What will you learn on the day?

- Understand the cost to businesses of stress and mental ill health .
- Be aware of how to minimise stress with preventative action.
- Learn your responsibilities, as an employer, under the DDA. Identify strategies and skills for managing workplace stress.
- Learn the obligations of employer liability and statutory provisions.
- Have a basic knowledge of stress related mental health problems and how they can impact on your organisation.

