



LEEDS



Stress Management



NEWTRICKS
ADVANCED BUSINESS TRAINING

Course Aim

With up to 7 out of 10 days sickness attributable to stress related illness now is the time to protect yourself and your organisation by implementing effective self and team stress reduction techniques and strategies. A full day of stress busting ideas!

Topics covered

- Defining stress
- How to recognise stress
- The causes of stress
- Strategies for coping with stress
- Design a personal course of action for preventing stress
- Preventing team stress

Course Duration

1 day

Maximum number of delegates

Minimum numbers 4, maximum numbers 15

Cost

£150 per person including:

- Trainer
- Training materials
- Unlimited tea and coffee
- Energising snacks
- 2 course hot and cold buffet lunch
- All prices exclude VAT

If accommodation is required bed and breakfast will be charged at £75.00 per room based on single occupancy.

How to book

Contact our events office on sales@weetwood.co.uk or telephone 0113 230 6000. Weetwood Hall terms and conditions will apply to all bookings.