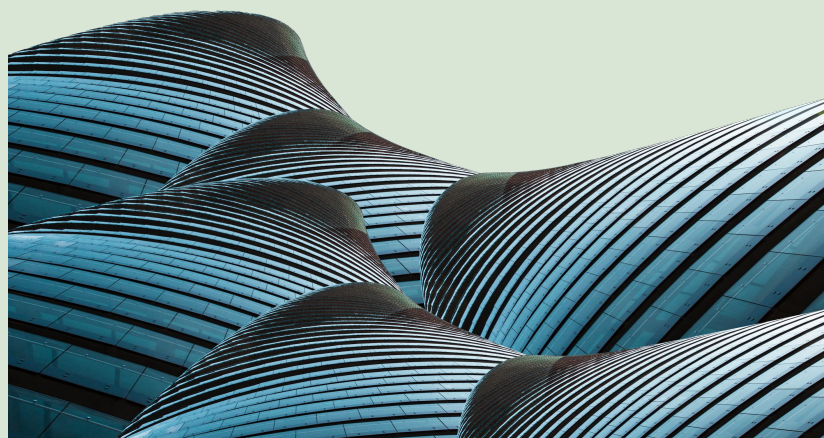


# HEDROC TRAINING WORKSHOPS

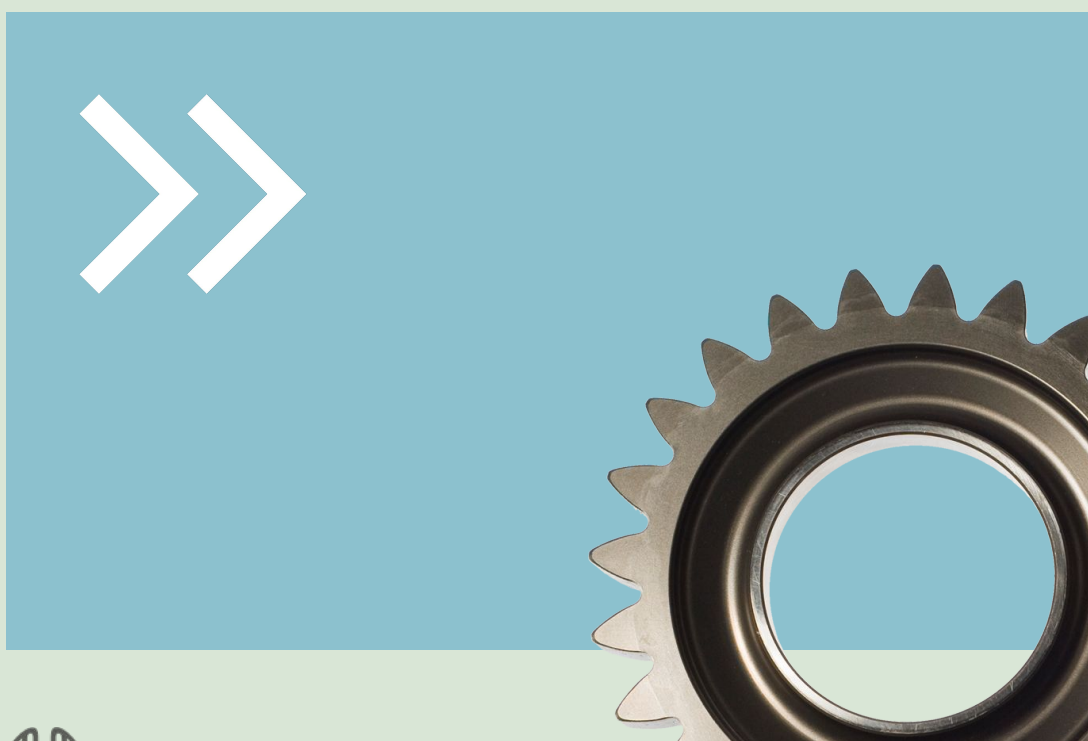
Workshop Title	Managing stress in pressurised work environments
Workshop code	HD0024
Format	Online - Online Webinar
Trainers	Hedroc Consultants (Clinical Psychologist/ Associate Trainer)
Duration	50 mins
Target audience	All employees
No of attendees	Unltd



## Learning Outcomes

An introduction to the psychological theories of stress and stress management and its impact on performance at work.

- Summary of the biological and psychological theories of stress
- Learning about the impact of stress on the body and mind
- Understanding how to channel stress to enhance performance
- Noticing the early signs of stress overload, and learn about coping mechanisms to reduce it
- Think about what an ongoing stress management plan would look like



For further information and bookings,  
please contact:

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For all services relating to managing  
employee mental wellbeing, visit:

[www.hedroc.co.uk](http://www.hedroc.co.uk)

