



Peter Christison & Associates Health Consultancy and Training

*Established since 1995
In Workplace Health & Mental Health*



Healthy Minds in Your Workplace Fact sheet

Well being & Stress Management for Managers (A Course also available for employees; and can be integrated with our Well Being Enhanced by Nutrition course)

**(Ask about our low cost telephone & Webcam or face to face mental well
being & Stress management 1 to 1 health coaching)**

*'Thought provoking and very useful to facilitate thinking around subject; trainer was
engaging and has expertise on the subject'* **Tina Sullivan Practice Development
Assessor Surrey Probation Service**

*' An enjoyable and very informative course; I will take on board & use some points
from the session. The trainer was interactive attentive and responsive'* **Julia Riordan
Court Team Manager Surrey Probation Service**

Purpose of the course: Promoting a healthy workplace and workforce has long been known to be profitable for any organisations for many reasons; organisations include those in the public and voluntary sectors. 1 in 5 organisations in the UK promote well being in the workplace (CIPD 2011) This course will enable Managers, HR and Directors to promote well being and reduce stress thus combating Presenteeism and sickness absence for the work force and the workplace. It is flexible so that those purchasing our training can choose from this list of aims and objectives to meet their needs. Other topics may be available on request.

A monitor and self evaluation system is available free of charge to support the delegate to practice the course in the future.

Duration of the course: Dependent on your requirements 1 or 2 days.

Aims:

- ✚ To enable Line Managers or Directors to understand well being & adverse stress and practice its solutions at organisational and managerial levels, including awareness of HSE guidelines and good practice meeting legal guidelines
- ✚ To learn and practice a range of techniques to promote well being and reduce personal adverse stress personally and with employees

Objectives

- ✚ Gain a brief overview of what is good well being.
- ✚ Understand 'Presenteeism'.
- ✚ Gain a brief overview of stress and adverse stress.

- ✚ Understand risk and resilience factors for adverse stress and good well being in the workplace & key personal life ones.
- ✚ An over view and understanding of the 6 HSE Stress Management Standards
- ✚ The importance of taking action against adverse stress including legislation &HSE powers; risks of litigation.
- ✚ Learn an overview of the key good management practices for well being in line with the HSE Standards, and the 8 factors* from 'Healthy Minds in your workplace' toolkit and training programme –option management practices in more detail.
- ✚ Understand the signs and symptoms of adverse stress and know your own symptoms
- ✚ An overview of how a person with adverse stress or mental ill health feels; what concerns them.
- ✚ How to respond to a person who is becoming unwell, approaching you or being approached by you; best practice in communication.
- ✚ Learn the techniques to promote your own well being and combat your own adverse stress 24/7.
- ✚ Gain an overview of self evaluating and monitoring the effectiveness of the practice at agreed timescales.
- ✚ A brief overview of Job retention due to mental ill health or adverse stress.
- ✚ A brief overview of well being and stress management health coaching.

Developing a culture of well being and openness and understanding of adverse stress /mental ill health*

Group size: up to 10 delegates.

Fees (NO VAT in either case): 1 day' In house' £625.00 or **2 days'** in house' £1175.00
Open training (London rate) £150.00 per delegate- discount for booking 2 days or 3 delegates.

Biography of the trainer: Peter Christison has worked for over 20 years in the business sector, 10 years in the public and voluntary sectors and has gained over 18 years experience delivering and designing training to all these sectors.

He has worked in the mental health field for over 18 years, and was a Mental Health Promotion Specialist in the NHS for 4 years where he researched and wrote 'Healthy Minds in your Workplace' toolkit and training Programme. The toolkit was used by one of the HSE pilot sites for the development of the HSE Stress Management Standards.

Peter has written articles published about promoting workplace mental health in national journals including: the Health Service Journal (HSJ) and 'The Professional Manager' the magazine of the Chartered Management Institute. He offers a UK wide 1 to 1 webcam or telephone well being & stress management health coaching service for those suffering presenteeism or adverse stress.

We offer over 30 courses in: Workplace health, mental health, health & safety and management and personal development skills. We provide consultancy services, and psychological and other therapies. **For further information** you can download our 'Training and Consultancy Services' List of our website, or contact **Peter Christison in confidence.**

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Cathy Robinson Bsc, Dip Nut Med Debby Klein
Norma Christison Msc Justine Vandeweg EFT and creative art therapy**