

## Executive Coaching Personal & Management Development

### COURSE OUTLINE

<b>Course Reference:</b>	<b>PP62</b>
<b>Course Title:</b>	<b>MANAGING TEAM STRESS</b>
<b>Category:</b>	<b>Personal Development</b>
<b>Duration:</b>	<b>2 Days</b>
<b>Cost:</b>	<b>TBA</b>

#### **Aim:**

- ☺ To give participants an opportunity to explore team stress issues

#### **Content:**

The programme will cover the following topics:

- ☺ Recognising the symptoms of stress in team members: behavioural, mental, physical and emotional symptoms
- ☺ Identifying Team Stressors - personalities, learning styles, working styles (questionnaire)
- ☺ Use of Belbin's Team Styles to influence team members
- ☺ Managing stressful situations at work
- ☺ Case Studies and role plays will be used to enhance learning
- ☺ The relationship between Stress Management and Time Management
- ☺ Client specific support systems
- ☺ Who to refer and when to refer them

#### **Outcomes:**

Participants will be able to:

- ☺ Use risk assessment to identify stressed team members
- ☺ Use listening skills to find out what they are stressed about
- ☺ Know when and where to send them for help if required
- ☺ Be able to manage themselves after a stressful situation

#### **Who should attend:**

The programme is designed for Team Leaders

#### **Requirement:**

Tailoring the programme to the needs and the culture of the client is highly recommended, therefore research and preparation time would be anticipated in order to be able to relate directly to a client's specific issues. Please note that the cost of any programme development is not included in the basic cost of the course.