

# 2008 Seminar Programme



## **S**tress Management for Non-HR Managers

Each stress related absence equates to, on average, 21 working days and in the UK the economy loses over 13 million working days each year (source: HSE). Could you or your clients cope with such a negative impact?

With increasing numbers of employees and executives claiming to be stressed at work, driving improved business performance requires that we turn our attention back to the very heart of the business - the people. The financial costs to businesses are spiraling, the social costs are often immeasurable.

The aim of this seminar is to provide non-HR managers with the necessary information to allow us to continue to drive the business performance without damaging the most important asset.

- Stress - the facts in current business
- Prevention or cure? Balancing the scales to minimise downtime
- The 6 major causes of stress and effects on you and your business
- Nine practical steps to dealing with stress at work
- Stress and the role of the manager
- Legal position & obligation - a caring business is a healthy business
- Dealing sensitively with employees under stress

Date	Location	Seminar Code
20 May 2008	Leeds	SMLS1
27 May 2008	Manchester	SMM1

These seminars run from 2.00 - 5.30pm - **Book online [www.boreaspartnership.co.uk](http://www.boreaspartnership.co.uk).**

Price £145 non-members, £125 members plus vat. A discount of 15% will be applied to bookings of more than 3 people on the seminar.