



OPEN COURSE INFORMATION

Stress Solutions (1 day Masterclass)

Brief overview of the one day course:

- Brief introduction to Human Factors
- Explore personal strengths and limitations and the factors that influence them
- Understand how stress levels can increase the risk of error
- Understand what happens in our system when we are under pressure
- Learn simple and highly effective techniques to manage our stress responses
- Dispelling the myths of time management – learn how to prioritise tasks and manage energy levels
- An introduction to Mindfulness techniques
- Address the issues that matter to you with people who understand.
- Small class sizes to ensure you enjoy and gain as much from the training as possible.
- Courses delivered by approachable, friendly trainers who are passionate about what they do and have experience of working in high performance, high risk occupations.
- Continue the discussion after the course via email.

Feedback from attendees:

"Fantastic presentation, clear, understandable. Good explanation of all aspects of stress – physical, psychological, interactive – personality & behaviour."- Dr Yvonne Wortelboer, Staff Grade Psychiatrist.

"Fascinating subjects. Although we are aware of how we react in stressful situations, now I have a much better idea of why and what I can do to change my behaviour."- Dr Julia Rogers, Course participant.

"Useful course to manage increasing stress in the workplace, improve efficiency and avoid errors."- Mr S Gupta, Course participant.

**This one-day training course has been accredited with
6 external CPD points for full attendance.**

Course fee:

Early bird £150 + VAT (£180.00 total)

Full price £180 + VAT (£216.00 total)

We will issue an invoice to complete payment for the course.

Please return to our website for details on upcoming course dates and locations, or to continue with your booking.