

Management & Stress

Management & Stress is a group training in which managers learn to recognise stress signals in their employees and to discuss this in a dialogue.

Do you want to learn to recognise early signals of stress and pressure from your employees? Do you want to learn how you can steer your employees towards effective behaviour and a healthy balance? Do you want to learn how to deal with employees who are absent due to stress-related complaints? That this is the right training for you.

If you want to increase your skills for stress-decreasing conversations with an employee and you want to practice with a training actor, you can do so in the half-day session 'A good conversation about stress'.

This is Management & Stress

- 2 group meetings of half a day each, or 3 times 90 minutes of online training
- interactively working with fellow managers on reinforcing leadership skills which reduce stress
- through dialogue, knowledge transfer, exercises
- training (optionally with an actor) conversational skills based on cases you have encountered
- how do you have a conversation with an employee who suffers from stress?

This is what you will learn

- what is stress: origin, signals, behaviour and impact
- sources of stress at work
- how to act in case of stress (do's and don'ts)
- how do you have a conversation with an employee who suffers from stress?


individueel - groep
1 : 1 - online
educatief - preventief - curatief

Matched Care categorie:

@work @risk @home

Aantal uren:

0 2 4 6 8 10 12 14

Doorlooptijd: Maatwerk

0 2 4 6 8 10 12

This is what you will achieve

In your role as manager, you can recognise stress (behaviour) and respond to it appropriately (stress prevention).

This is what makes Management & Stress unique:

- available online as well as offline
- given by trainers, who are taught by Shared Ambition, using a personal approach
- who inspire you, move you and teach you about the topic of stress
- so that you can immediately put it into practice

Shared Ambition offers solutions for three target groups

@Work

For employees who are working and want to stay mentally healthy

@Risk

For employees who are at risk of absenteeism

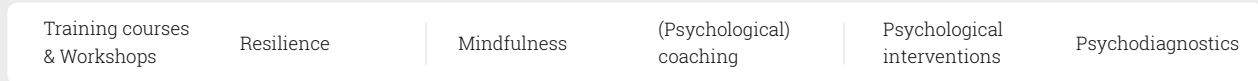
@Home

For employees who are partly or fully absent

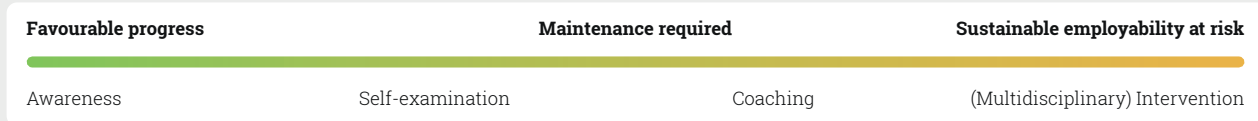
Matched Care Concept



Our solutions



Job Vitality for sustainable employability



Working together

Shared Ambition is an expert in work-related psychological health.

Do you want to learn more about Shared Ambition and/or our products and services? Please visit our site or contact us.

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