

Preventing Stress at Work

FACTSHEET

A relaxed, non-threatening format to raise awareness and discuss issues relating to stress at work.

-  **1 hour + debrief**
-  **4-12** (1-2 teams of 4-6 per team)
-  **For staff at any level**
-  **No computer required**
-  **395 ex VAT**



Learning objectives

- to encourage a conversation about the issues surrounding stress
- to understand the common causes and symptoms of stress
- to recognise early indicators - both in yourself and in others
- the importance of talking to others and seeking help as necessary
- being prepared to make changes
- the importance of maintaining a work-life balance

About the activity

Preventing stress at work helps to reduce staff turnover and absenteeism - as well as increasing work performance. This activity looks at the issues around stress prevention. It generates lively discussion and raises awareness.

Using a tried and tested Northgate format, the game uses mini-task cards for groups to address the topic in a fun, relaxing, non-threatening format. Together the cards cover a range of issues relating to managing stress at work and generate lively, far-reaching debate amongst participants.

The task cards address the different degrees of stress, the way the word stress means different things and the misconceptions in people's views about stress. They give examples of real situations and allow staff to identify their own stress indicators, the possible causes - and the indicators to be aware of in others. They consider the merits of common, stress-preventing techniques and how they can be easily implemented.

Responses to all cards are noted on a Response Form. At the debrief, participants share their responses and a list of key points is drawn up.

Pack contents

- Trainer's Notes
- PowerPoint Presentation
- Handout A: How to Play
- Handout B: Group Form
- Handout C: Key Points
- Sets of Playing Pieces, Dice, & Timer
- Sets of Cards
- Game Boards

Ideally suited to

A great, interactive exercise to use on people-management, wellbeing and courses.



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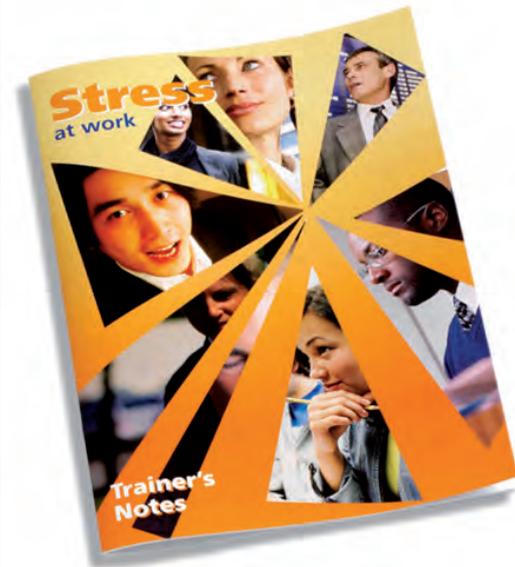
Customer reviews



Everyone who has attended the training has said how *great* the game is... and how *much better* they feel!

Used in management training with Department Managers and Store Managers, the best learning point was the fact that everyone is different and managers have to consider this when managing their people. The game *promotes discussion* – even amongst those who do not usually participate at training sessions. A great *interactive* activity, which helps employees share how they feel, but more importantly, how they can deal with stress at work. A great game which can be *used at all levels* of the business.

Kim Kimber, Group Training Manager, Morleys Stores Group



Trainer's role (full guidance supplied in Trainer's notes)

- Introduce the activity using the PowerPoint presentation.
- Divide the participants into two groups of up to six people per group.
- Allocate resources (game-boards, cards, playing pieces etc) and a handout, How to Play (to serve as a reminder to the PowerPoint).
- Issue a Group Form to each group - and ask them to start the game.
- Allow about 50 minutes for the game. Observe teams in action and listen to their discussions but do not get involved.
- At the Debrief, gather all participants together. Go through each of the cards in turn. Listen to what people have to say and discuss their views across the group.
- Notes (and PowerPoint) are provided but encourage participants to do the talking, exchange views and identify 'best practice'.
- Draw up a list of the main points arising from the session and finally issue the *Key Points* handout for participants to take away.
- Full guidance provided in the PowerPoint and Trainer's Notes.

Northgate says...

The underlying benefits of stress management cannot be stressed too much! Having good stress management skills in both management and staff can boost employee morale, motivation, job focus - and in turn performance .

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