

PLAN

WHAT IS STRESS? IS IT GOOD FOR YOU, OR IS IT BAD FOR YOU?

FIND OUT ABOUT THE ROOM TAKING THE CLASS?

ARE THERE ANY MANAGERS/ REPRESENTATIVES

HAS ANYONE HAD A STRESS CASE TO DEAL WITH?

WHAT WAS THE OUTCOME?

TALK ABOUT THE PERSON AND NOT FORGETTING THE REPRESENTATIVE

DESCRIBE STRESS AS THE ROLLERCOASTER, BUT MAKE CERTAIN THEY UNDERSTAND THE DIFFERENCE BETWEEN GOOD FEELINGS AND BAD FEELINGS.

GET THEM TO TAKE THE FIRST SECTION OF SCORING QUESTIONNAIRE.

GET THEM TO DO TRANSACTIONAL ANALYSIS QUESTIONNAIRE.

GIVE THEM THE RISK ASSESSMENT.

CHAT ABOUT THE RISK ASSESSMENT –

5 STEPS TO RISK ASSESSING

WHO'S RESPONSIBILITY

HAS ANYONE EVER DONE A RISK ASSESSMENT

WHEN DO YOU DO THE RISK ASSESSMENT

PITFALLS TO RISK ASSESSMENT PROCESS

GET THEM TO SHOUT OUT SOME COMMON PROBLEMS TO THE RISK ASSESSMENT PROCESS,

Answers should include

COMPETENT

SUITABLE AND SUFFICIENT

HAVE THEY EVER BEEN DONE BEFORE

BULLYING MANAGER AS THE PROBLEM

STIGMATISING PERSON

CASE STUDIES

GEORGE CASE 1

GEORGE CASE 2

CASE STUDY

ORGANISATIONAL CHANGE AND FOR THEM TO RISK ASSESS.