

Stress Solutions

Its time to take a fresh look at stress in the workplace. We all know about the problems causing stress at work but we want to concentrate on the solutions to those problems. So it's never mind the past, don't get bogged down with the present but look to the future !

Russ Walters and Geoff Smith, national trainers for the NASUWT, have developed a new one day course entitled ' Workplace Stress Solutions'. This workshop will give a broad outline of the course and preview their new animated film, highlighting the effects of stress not just on the individual but also on their families. The positive aspects of the course will be made apparent as they seek to involve their audience in dealing with this highly emotional topic.