

Training

Promoting a mentally healthy workplace

As an employer, you have a legal responsibility for the health and wellbeing of your staff. In order for you to fulfil this duty of care, it is vital that you and your management team are able to risk assess the roles in your business for stress. Left unmanaged, stress can be very costly for your organisation as recent legal cases have shown.

resolve trainers will work with you to develop training designed specifically for your workplace and the challenges you face. Our training will enable you to:

- ✓ spot the early warning signs of stress
- ✓ manage stress appropriately

Our training options

One of the best ways of managing change and promoting best practice in the workplace is through training and education. At **resolve** we draw on our experience as trainers to design a range of sessions, workshops and courses to meet your needs, including:

- ❖ A manager's guide to identifying stress
- ❖ Strategies for dealing with stress in the workplace
- ❖ The Compassionate Colleague – how to support a member of staff affected by ill health in the workplace

Our trainers

Our trainers have extensive experience having designed and delivered training across the UK and in Eastern Europe. They have qualifications in business management and have worked in the voluntary and commercial sectors including finance for over twenty five years.