



Date: 24 November 2009

Managing stress in the workplace

MANAGERS representing a selection of companies from the Horsham recently took part in a free one day training course on managing stress in the workplace.

The course, which took place on Tuesday 10 November at the Park Barn in Horsham, was an initiative organised by Horsham District Council (Public Health and Licensing department) and the Sussex County Sports Partnership Trust's Active and Healthy Workplace initiative.

The course, run by training company 'In Equilibrium', was designed to raise awareness and understanding of stress in the workplace and enable managers to meet their legal and health and safety compliance responsibilities in assessing and managing stress risks at work.

The day long session was designed to cover stress awareness, proactive stress management, reactive stress management and action planning and resources.

During the day the small group of representatives from a variety of businesses including Rockwell Collins, PD Motors and the RSPCA took part in group and individual exercises. The course was highly interactive and contained a variety of exercises, including case studies, scenarios, questionnaires, group discussion, personal reflection, and action planning.

Cllr Peter Rowlinson, Cabinet Member for Planning and the Environment at Horsham District Council, said:

"We believe it's very important to encourage businesses in the District to have an active and healthy workplace, which in turn makes companies more productive.

"By running courses such as this as part of our Healthy Workplace scheme we are giving the opportunity to businesses to learn new skills which can benefit their employees, and in the long run their companies."

For more information on the Healthy Workplace scheme contact Karen Aslett, Environmental Health Officer at Horsham District Council on 01403 215428 or email karen.aslett@horsham.gov.uk

For more information about the Active and Healthy Workplace initiative contact Donna Imrie at the Sussex County Sports Partnership Trust, on 01237 644 103 or email DImrie@brighton.ac.uk

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