

# TRAINING AND EVENTS FROM



## NEBOSH HSE Certificate in Managing Stress at Work

### Sample Lesson plan

09:15 – 09:20	Outline of learning objectives		
09:20 – 09:40	Key terms and relationships	Tutor led Slides provided Course book	Active listening and participation when required eg, activities and questioning the tutor as and when required.
09:40 – 09:50	The extent of the problem - key statistics		
09:50 – 10:00	The business case for managing workplace stress		
10:00 – 10:20	Signs of stress Further effects of stress on health		
10:20 – 10:30	UK Legislation International standards and best practice		
10:30 – 10:55	Key roles in managing workplace stress  <ul style="list-style-type: none"> <li>- Leadership influence</li> <li>- Typical roles</li> <li>- Procedural and behavioural responsibilities</li> </ul>		
10:55 – 11:15	Communicating and escalating issues External expertise Competence  <i>Encourage learners to look at the competency framework (appendix). Tutor may wish to incorporate morning break and allow learners to review at their own pace.</i>		