

**With  
Dr  
Aftab  
Laher**

# **A Primer in Workplace Well-being and Stress Management**

**Duration: 1 day**  
**CPD Hours: 7.25**  
**Format: Online & F2F**  
**Fee: £130+VAT**



## **Dr Aftab Laher**

Consultant Clinical and Health  
Psychologist Accredited Cognitive-  
Behavioural Psychotherapist



## **Overview**

Workplace stress is complex concept which has been defined in terms of a continuum of work pressure, strain, burnout and ill-health. It can often be manifested in physical and mental health symptoms and disorders. Managing stress and well being around work has received much attention over the last few decades, in the scientific literature, across the media, within government policy initiatives and in everyday life. This introductory workshop aims to increase your understanding of workplace stress and equip you with evidence-based strategies to assess and manage workplace stress and well being at an individual, organisational and social level

**Visit our website to book!**



Training made easy

With  
Dr Aftab Laher

# A Primer in Workplace Well-being and Stress Management



## Who will Benefit?

This course is suitable for managers, health professionals, human resource staff, vocational rehabilitation specialists, care workers, business owners, and any employees or stakeholders with an interest in workplace well-being.

## Key Learning Outcomes

- To understand the nature of workplace stress and well being.
- Gain knowledge of theories of occupational stress.
- Learn how to assess workplace stress and well-being.
- Become familiar with the HSE Management Standards approach to organisational stress.
- Learn about stress management at an individual level.
- Gain awareness of best practice in managing work absence and return-to-work.

