



Stress Management Course Brochure

1 Day Practical Workshop



Contents

Course Overview	2
Why Choose DCM Learning	3
Course Objectives & Benefits	4
Trainer Profiles.....	5
Who We Work With	7
Contact Details	8



The Right Fit.....For You

This Stress Awareness session has been designed to help your team understand how Stress can affect employee morale, legal issues and productivity in the workplace.

This Stress Awareness presentation gives staff *an understanding of what Workplace Stress is*, their role in managing employee stress and the benefits of creating a healthy and happy workforce.

During the session, learners will understand the *importance of company policies and procedures* and will gain an overview of the *legal aspects of supporting someone dealing with stress in the workplace*.

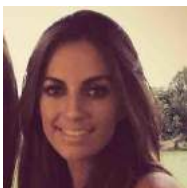
At the end of the course, learners will have a *greater understanding of the nature of Workplace Stress* and will gain the tools and resources to manage common issues that can arise.

Below you will find a proposed course outline.

Our trainer can also work with you before the course to get your input and tailor the content as needed.

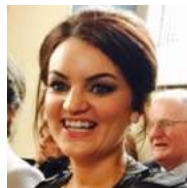
"Everyone thought Andrew was great and the course really developed their skills as internal trainers."

Dearbhla Casey, HR Manager, Irish Country Meats



"We are all very happy with the training carried out last week & will definitely be in contact in the future"

Aoife O'Rourke, Key Account Manager, Tool & Plastic



"Great exercises, very relaxed and great models to explain, learning process and delivery of the information."

Jonathan Latimer, Fleet Training Instructor, City Jet





Why Choose DCM Learning

At DCM Learning we have a strong culture of working in long-term relationships with our clients. Although it's a bit of a cliché, we strongly believe that our client relationships are partnerships and that's the best way for our clients to get the best results.

Specific reasons to choose DCM:



Support: 15 full-time training consultants plus support staff (21 in total). We are large enough to be well resourced but small enough to care.



Experienced: We have many years' experience providing customised training programmes for small and large companies. Last year, we delivered onsite training with 521 companies.



Excellent Trainers: Our trainers combine professional training know-how with relevant experience in their chosen training field



Quality Assured Training: Make sure you Safeguard Your Training Investment. DCM offer courses accredited by the following national and international certification bodies.



You're in Good Company

We work with small and large companies, individuals, Government Agencies, Universities and blue chip companies such as Google, AIG, Glaxo Smith Kline, and Symantec, so you can have confidence in our ability to deliver the results you want to achieve.





Stress Management Training

COURSE OVERVIEW

This Stress Awareness session gives your staff an understanding of what Workplace Stress is, their role in managing employee stress and the benefits of creating a healthy and happy workforce.

On the course, learners will understand the importance of company policies and procedures and will gain an overview of the legal aspects of supporting someone dealing with stress in the workplace.

At the end of the course, learners will have a greater understanding of the nature of Workplace Stress and will gain the tools and resources to manage common issues that can arise.

LEARNING OUTCOMES

By the end of the programme each learner will:

- Understand the nature and definition of Workplace Stress
- Identify the policies and procedures that should be in place
- Understand the factors that contribute to Stress in the Workplace
- Manage issues appropriately and professionally

TOPICS COVERED INCLUDE

- Defining Workplace Stress
- What contributes to workplace pressures?
- Your role in reducing stress
- Legal overview; company policy and codes of practice
- Effective Tools & Resources

Please note our trainer will also work with you before the course to get your input and tailor the content as needed.



Damian McCourt

Training Associate

Damian is a business professional with more than twenty-five years' experience in the financial and IT service sectors and is a highly experienced coach and consultant.

Damian has helped develop and deliver training to many successful businesses and organisations.

Damian brings his passion for training to every course he delivers. His resulting style is interactive and inclusive, which empowers learners to develop their skills and achieve great results from training.

Some of the areas Damian specialises in are: Mindfulness, Stress Management, Employee Engagement, Performance Management and Change Management.

Some of Damian's qualifications and affiliations include:

- Degree in Humanities, psychology major - Dublin City University
- Diploma in Mindfulness and Wellbeing, Psychology- City Colleges Dublin
- HDip Computer Sciences, Information Technology- Trinity College, Dublin



Inhouse Training, One Size Doesn't Fit All.

Does your team need training? DCM Learning has a full range of training courses and qualifications available for your team and company, in-house or off-site.

Based on your requirements, we will develop a custom-made training programme and deliver it specifically for your employees in a chosen location - giving them the exact skills and knowledge they need whilst saving on venue hire, travel, time and associated expenses.

Each daily session will be delivered onsite at a location of your choosing over a 7-hour period. We are flexible on group size, but for group sessions we would recommend a maximum of 15 people to allow for the more interactive elements of the course.

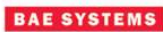
Below is an overview of our Inhouse Training Delivery and Costs:

Details	1 Day Training	2 to 5 Days Training	6+ Days Training
Cost	€1,095 per day	€995 per day	€895 per day
Materials	Included	Included	Included
Travel Expenses	Included	Included	Included
Areas Covered	All Counties	All Counties	All Counties
Customisation	Course Customised	Course Customised	Course Customised
Survey	Pre & Post Course Survey	Pre & Post Course Survey	Pre & Post Course Survey
Account Management		Dedicated Account Manager	Dedicated Account Manager
Free Public Course		1 Free Place	3 Free Places
Public Course Discount		15%	25%



Who We Work With

We train organisations of all shapes and sizes, from small businesses up to global enterprises. But we never forget that every individual matters, and we make sure that every learner gets what they need to reach their potential.





**Set your career on the
right course**

DUBLIN

-  01 5241338
-  dublin@dcmlearning.ie
-  Guinness Enterprise
Centre

CORK

-  021 2429691
-  cork@dcmlearning.ie
-  Atrium Business Centre
Blackpool Business Park

DROGHEDA

-  041 9865679
-  drogheda@dcmlearning.ie
-  24 Laurence Street
Co. Louth