



World Champions Show Businesses How to Combat Stress at IOSH 2011.

The Combat Corporate Stress workshop is a fun and educational stress management course run by Ireland Training. Their experienced team of professionals educate management teams in the best practice to manage stress through a mixture of greater knowledge, nutrition, stretching and exercise.

Stress-related ill health has a major impact on businesses, by managing stress better you will maximise productivity and morale, reduce costs and staff sickness, ultimately increasing departmental and company profits. In 2009 nearly 14 million working days and an estimated £28.3 billion were lost in the U.K. due to stress-related absence. Employers are also legally obligated to have duty of care towards their workforce. Therefore correct management of stress is crucial.

Combat Corporate Stress workshops will teach your management team how to recognise and combat stress effectively, ensuring you have a happy and healthy workforce. The workshop will focus on topics including:

- Physical and Mental Stress.
- Negative Stress Solutions to avoid.
- Positive mental and physical stress solutions including:
 - A fun Thai-kickboxing based fitness class.
 - A specific stretching based module.
- How nutrition affects stress levels.
- Stress-busting lunch provided.
- Post-workshop support to implement improved positive practices.

So if you are interested in reducing costs, increasing staff productivity, morale and motivation, visit Ireland Training and the Combat Corporate Stress team at IOSH 2011 on Stand B185.

or Contact Ireland Training at;

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