



## **Managing Stress at Work – Two hour workshop delivered to Russen and Turner**

**14-06-16**

The One to One Project has recently developed a project to provide short courses on Stress Management and Assertiveness Skills within the workplace, where evidence generally suggests mental ill health contributes to underperformance and absence.

Russen and Turner, a King's Lynn-based Estate Agent, approached the Project to deliver the two-hour Managing Stress training course, to proactively support the wellbeing of their small team of staff. The request from their Office Manager was prompted by One to One Project's initial mailing to local businesses advertising the opportunity.

The Project Facilitator met with the Office Manager at Russen and Turner to discuss their request prior to submitting a proposal and latterly to ensure that the content was tailored to the specific needs of the business and staff team. The Office Manger had a preference for the course to be delivered in-house, with all attendees already being colleagues, rather than as an open group with participants from different workplaces. It was felt that this cultured an environment of trust and would help participants to talk openly if desired.

A bespoke course was developed and competitively priced and selected by Russen and Turner over another provider offering a similar proposal.

The content was psycho-educational, rather than experiential, due to time constraints. The Facilitator had experience in delivering similar workshops to corporate companies in a past role.

The attendees included most of the workforce, as well as Directors and Secretaries. Overall there was good engagement and interaction, with most people able to add their voices to the discussions. Feedback suggested the session was interesting and informative.

### Participant feedback included;

*"I thought the course was well presented. I enjoyed it and found it helpful and useful. Please thank Jackie"*

*"Very useful. I think the key is to recognise stress in yourself, take a step back and reflect"*

*"I enjoyed the workshop in part Anne, I thought there were several interesting points, but I did feel it was a bit too rushed perhaps and it lacked fluidity. Overall good though. "*

*"Was a needed workshop with some good information"*

*"Good presentation and informative made me think about myself"*