

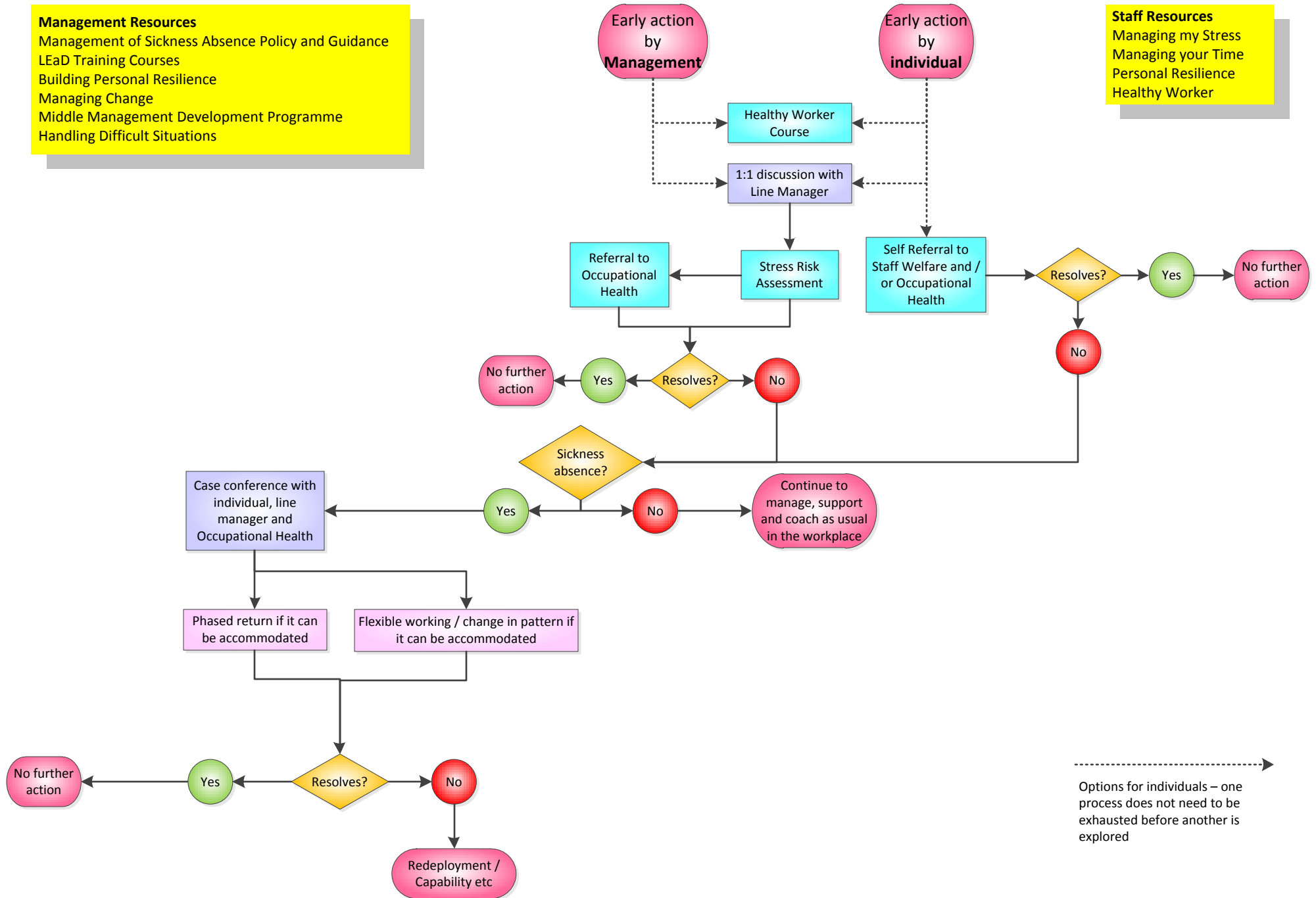
Stress Resources and Interventions – Employees and Managers

Management Resources

- Management of Sickness Absence Policy and Guidance
- LEaD Training Courses
- Building Personal Resilience
- Managing Change
- Middle Management Development Programme
- Handling Difficult Situations

Staff Resources

- Managing my Stress
- Managing your Time
- Personal Resilience
- Healthy Worker



Options for individuals – one process does not need to be exhausted before another is explored