Stress management

Stress is becoming the organisational problem of the age, hitting bottom line results due to reduced productivity, increased absenteeism and greater turnover. A recent survey has put the cost of stress for British business into £billions. The cost is also felt at the individual level with higher levels of tension, illness and relationship problems both in work and at home. For all too many, stress becomes a chronic and debilitating feature of daily life which affects the individual, the people around them and the organisation.

CGR has stress management solutions designed to address different organisational needs and approaches.

Stress Management Programme

If you need to help a number of people in your organisation, enhance general awareness and create mutual support, this is the solution for you. CGR's Stress Management Programme can be aimed at the people experiencing stress – or the people who manage them. CGR's stress management programme can be tailored to cover any combination of the following:

- the impact of stress on the organisation

- diagnosing the organisational and personal causes of stress

- recognising the impact of stress on the individual

- recognising situations which trigger stress, and how to take preventive action

- coaching in the skills needed to cope with stress

- planning a process to build resilience, confidence and competence

- managing stress in others

- managing organisational initiatives

The D-Stress Programme

CGR's involvement can extend beyond the delivery of our stress management programme. We can audit the levels and organisational causes of stress and recommend initiatives and practical solutions to address the issues. We can also conduct "before" and "after" organisational stress surveys to measure the effectiveness of organisational stress reduction initiatives, such as CGR's stress management programme.

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