

Reducing Workplace Stress

The threats of long-term stress are very real in today's competitive business environment. High pressure and workloads, complex decision making and tight targets - combined with external pressures of traffic and the high cost of living, mean that employers need to find credible and long term solutions to this issue.

When stress affects an individual colleague, it also has a profound and far-reaching effect on the company in which that person works.

The signs of stress on any one colleague can range from chronic fatigue, irritability, cynicism and overall negativity to actual physical complications including sleeplessness, shortness of breath, headaches and gastrointestinal problems.

Colleagues suffering from stress can have a dramatic impact on the overall performance of the company they work for.

High absenteeism, low morale, reduced productivity and a lack of commitment represent just some of the many ways stress can negatively affect businesses.

The stress management techniques used on our courses are now being recognised by major companies as ways to help combat workplace stress and improve effectiveness and overall performance of employees.

People who practise these techniques report that they enjoy the benefits of greater focus, reduced stress, increased job satisfaction, improved physical and mental well being, greater calmness and clarity and renewed energy and enthusiasm.

To enquire about availability and for course bookings email mary@innerbliss.ie This email address is being protected from spam bots, you need Javascript enabled to view it

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