



# Stress Management Seminars

## Good News: The HSE's Stress Management Seminars Continue



Due to the significant demand stemming from last years campaign as part of the European Safety Campaign 2015- 2016, "Healthy Workplaces Manage Stress", the HSE are pleased to announce the continuation of the Stress Management Seminars to run for a limited period.

The seminars are developed and delivered by a team of HSE professionals from specialist areas working together to provide effective information and tools to assist in the management of work related stress.

Seminars are based on the Cycle of Stress Management and provide a step by step approach to eliminate/reduce the stressors associated with this condition. More information can be found at [www.hse.ie/safetyandwellbeing](http://www.hse.ie/safetyandwellbeing)

### Testimonials:

"Excellent seminar, will encourage colleagues to attend"

"Very informative, concise and to the point"

"The information was very useful thank you"

	Venue	Date	Time
Seminar 1	Education Centre, St Luke's Hospital, Kilkenny	25/10/2016	10.15-14.30
Seminar 2	CNME, University Hospital Limerick	23/11/2016	10.00-14.30
Seminar 3	Auditorium, Connolly Hospital, Blanchardstown, Dublin	06/12/2016	10.00-14.30
Seminar 4	Conference Room, St Dymphna's Hospital, Carlow	10/01/2017	10.00-14.30
Seminar 5	Main Classroom, University Hospital Waterford	19/01/2017	10.00-14.30
Seminar 6	Auditorium, Cork University Hospital	03/02/2017	09.00-14.00
Seminar 7	Sligo Primary Care Centre, Barrack St	20/02/2017	10.00-14.30
Seminar 8	CNME, Galway University Hospital	01/03/2017	10.00-14.30
Seminar 9	Education Centre, Wexford General Hospital	23/03/2017	10.00-14.30
Seminar 10	Conference Room, Letterkenny General Hospital	05/04/2017	10.00-14.30
Seminar 11	Library Classroom, University Hospital Kerry, Tralee	27/04/2017	10.00-14.30
Seminar 12	Lecture Hall, Mayo University Hospital, Castlebar	08/05/2017	10.00-14.30

To reserve a place on any of the seminars please email:

- Your name, contact number
- Service/Work Location

To: [maryj.cotter@hse.ie](mailto:maryj.cotter@hse.ie) or [lily.conway@hse.ie](mailto:lily.conway@hse.ie)

### Who should attend?

This course is applicable for all Managers within the organisation.

### Why Attend? Participants will learn how to:

- Better understand the issues around work related stress
- Develop the ability to effectively manage those issues
- Ensure ethical and legal standards are met



These seminars will offer participants an open forum to explore how best to apply this guidance to their own departments/services.

