



MANAGERS MANAGING STRESS

Is your role creating extra challenges during the Coronavirus pandemic?

Is your business dealing with excessive stress and anxiety?

Many organisations are unaware of the dramatic savings that can be made by effectively managing stress at work at an early stage.

Our bespoke 1-2-1 live video coaching for managers ensures they take a proactive approach to this vital issue:

- Have sensitive discussions around mental health
- Address the stress using the framework of their legal duty of care
- Save costs of sickness absence and decrease in productivity
- Create a climate to encourage open discussion about mental health
- Foster motivational behaviour, trust and loyalty.



Contact us at **www.aumconsultancy.co.uk/contact-aum**
to find out more and book your place

We help you to save money, increase profits, and create a healthy, happy and high performing culture