

New Course



AWTORITÀ GĦAS-SAĦĦA U S-SIGURTÀ FUQ IL-POST TAX-XOGĦOL
OCCUPATIONAL HEALTH & SAFETY AUTHORITY

Course content and objectives for:
Work Stress and Well-Being at Work (WSWB) 8h

Objectives:

The general aim of this course will be to explore and evaluate the various facets and myths surrounding the construct of stress at work. It will provide an opportunity to expose a variety of salient arguments which are helpful in developing a better understanding of stress and that will result in improving the management of stress-related problems for participants and their colleagues at work.

- ✓ To understand the meaning of stress and well-being at work
- ✓ To evaluate models and processes of well-being at work
- ✓ To highlight work and well-being interventions
- ✓ To enable participants to draw up a wellness personal action plan

Method:

- ✚ Lectures / theoretical and practical examples
- ✚ PowerPoint presentation / video clips
- ✚ Group discussions
- ✚ Reflexive Exercises and workshops
- ✚ Handouts



Contents:

1. What is workplace stress and well-being?	4. Work-stress interventions
2. Unfolding the stress process	5. Personal action plan
3. Psycho-social risk assessments and stress audits	

Trainer:

Dr. Vincent Cassar BA(Hons)., MSc(Wales)., PhD(Lond)., CPsychol(UK).

