

Tearing Your Hair Out? Stress Management Seminar

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The current economic turbulence and pressure on business isn't making for an easy ride. At time like this stress levels go through the roof as business owners, directors and managers focus on survival and employees worry about whether they'll have a job tomorrow.

Is there anything you can do to keep the stress in your business under control? Leading HR Consultancy Sagegreen and Health and Safety Consultancy Themis Support think there is and they are hosting a free Seminar 'Why Tackle Work Related Stress'.

The Seminar, on November 5th at the Raddisson Hotel, Manchester Airport, is designed to show how tackling stress levels in your business can help reduce sick leave, improve staff morale and productivity and reduce staff turnover.

The Seminar coincides with National Stress Awareness Day.

Jane Caven, Director of Sagegreen Consulting says: "It's easy to think that there's nothing that can be done about stress, but there is. The seminar will help you identify steps you can take in your business to tackle the problem and minimise its impact on the performance of your business."

The Seminar is 9.00–10.45am on Wednesday November 5th 2008. Please call 01606 333677 if you would like to register for the seminar or email jcaven@sagegreen.com

Sagegreen provides HR Consultancy (<http://www.sagegreen.com>) services to growing businesses who might not otherwise have access to a professional and up to date HR resource.

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