



Dignity at Work

Key points

Aimed at:

Workplace reps who have completed the Workplace Reps Introductory Certificate course and also Equality reps who've completed the Equality & Diversity course.

Duration:

3 days

National venues

Key aims

To provide workplace reps with the confidence to:

- Understand the relationship between stress, bullying and harassment.
- Challenge harassment and bullying in the workplace.
- Recognise the signs and symptoms of stress.
- Develop and negotiate policies and procedures to tackle stress, bullying and harassment.
- Identify stress reduction techniques and understand an effective stress policy.

From this course workplace and equality reps will understand the issues and challenges arising from bullying, harassment & stress in the workplace. It will enable delegates to develop, influence and negotiate effective policies and procedures.

Who should attend?

Workplace reps who have completed the Workplace Reps Introductory Certificate course and also Equality reps who've completed the Equality & Diversity course.

Learning outcomes

On completion of the course workplace reps should be able to:

- Understand the relationship between stress, bullying and harassment.
- Challenge harassment and bullying in the workplace.
- Recognise the signs and symptoms of stress.
- Develop and negotiate policies and procedures to tackle stress, bullying and harassment.
- Identify stress reduction techniques and understand an effective stress policy.

Pre-course activities

Bring to the course your workplace stress, harassment and bullying policies.

Duration

3 days

Venues

National training centres.

Accreditation and certification

This course is accredited through the Passport to Progress framework.

On successful completion of this course you will be issued with a certificate of unit credit by the Open College Network (OCN).

Progression route

Following this course there is a choice of training programmes available as shown in the Workplace Reps & Equality Reps Course Progression routes.