
INFORMATION ON PSYCHOLOGICAL COUNSELLING

A joint psychological counselling scheme is an important element in Aarhus University's efforts to combat stress, cooperation issues, crises etc. that may have a negative impact on the employee's capacity to work.

Under the scheme, employees have access to external psychological counselling in any situation which could affect their capacity to work.

See more at
staff.au.dk/psych-counselling

CONTACT

Contact the management development consultants from HR, Development and Work Environment to hear more or to book a workshop.

Mads Krarup: madskrarup@au.dk

Michael Martini Jørgensen: michael.martini@au.dk

Caroline Ahlgreen Tøttrup: cato@au.dk

STRESS TOOLBOX FOR MANAGERS AT ST

SCIENCE AND TECHNOLOGY

Wants to be a good and healthy workplace for all employees

Sees stress as a shared challenge and a joint responsibility

Wants to ensure that everyone actively takes responsibility for promoting well-being and preventing stress in their daily lives

MINI-WORKSHOP ON WELL-BEING AND STRESS PREVENTION FOR MANAGERS

A workshop for a larger group of managers who want to increase their knowledge about stress and develop their stress handling skills.

Based on the ST leaflet **Preventing and managing stress**, we take a look at what you need to know and a number of useful tools:

- What is stress?
- Stress in the **well-being**, the **risk** and the **danger** zone
- How do you discover unhealthy stress – in yourself and others?
- Specific actions for preventing and managing stress
- Sick leave due to stress – what is the manager's role?
- What sort of help is offered at AU?

Duration approx. 1.5 hours.

INDIVIDUAL COACHING SESSION FOR MANAGERS

An individual session for managers who want to learn more about stress and stress management.

In an individual coaching session about stress, the manager is given the opportunity to develop his/her knowledge about stress and the managerial dilemmas related to managing stress among employees.

It will also be possible to conduct a stress indicator test. This is a preventive tool for identifying the perceived level of stress in daily life as well as health and lifestyle habits which either protect against stress or increase your susceptibility to stress.

Duration approx. 1.5 hours.

MINI-WORKSHOP ON WELL-BEING AND STRESS PREVENTION FOR MANAGERS AND EMPLOYEES

A workshop for a group of employees and their manager who want to work more specifically with stress-related challenges in their daily lives.

Based on the ST leaflet **Preventing and managing stress** and using case material, the workshop focuses on:

- What is stress?
- Stress in the **well-being**, the **risk** and the **danger** zone
- How do you discover unhealthy stress – in yourself and others?
- How can stress be prevented?

Duration approx. 1.5 hours.

INSPIRATION FOR WORKING WITH **CULTURE AND WELL-BEING** FOR MANAGERS AND EMPLOYEES

Material available on the AU website can help plan a constructive process based on tools and ways of holding meetings that involve employees and contribute to:

- A greater sense of being part of a professional and social community characterised by acknowledgement and constructive communication
- Minimising the risk of conflicts, stress, loneliness and bullying

staff.au.dk/well-being

