IPI Academy

MANAGEMENT forum

Presented by
Management Forum

Managing The Modern Workplace: Dealing With Personal Stress

Recorded on **20 January**

FREE lunchtime session! Learn practical stress management techniques for work and life. Recognise signs, understand impacts, and apply effective strategies to reduce stress.

Format:
Recorded webcast

CPD:
1 hours for your records

Certificate of completion

Overview

This lunchtime session provides practical tools and insights to help individuals understand and effectively manage stress in both personal and professional contexts. Participants will gain clarity on what stress is, the forms it can take, and strategies for reducing its negative impact.

Key topics in this exciting session include:

- Defining personal stress
- Techniques for reducing personal stress
- Understanding stress
- Types of stress
- External and internal stress
- Effects of stress: short-term and long-term impacts
- Signs of stress: physical and emotional indicators

Benefits of attending

By the end of the session, participants will be able to:

- **Recognise** the sources and signs of stress in your lives
- **Understand** the different types of stress and their potential impacts
- **Apply** practical techniques to reduce and better manage stress

Who should attend?

- Professionals experiencing workplace stress or fatigue
- Managers, HR teams, and leaders responsible for employee wellbeing
- Anyone noticing symptoms of exhaustion, negativity, or reduced performance
- Individuals juggling high personal and professional demands.
- Anyone else seeking practical tools to prevent and manage burnout

Presenter

Claire Mould

With over thirty years' experience of working in and with the public, corporate, and charitable sectors, Claire has expertise in providing strategic, analytical, emotionally intelligent solutions that engender, inform, facilitate and embed growth through compassionate leadership.

Extending from post-doctoral studies on neurology, specifically the link between emotional intelligence and cognitive intelligence, Claire has written, presented, and worked at a national, European, and international level and has published several research papers and books.

In her previous time as a CEO of various charities, she has practical experience in the art of compassionate leadership and has developed a real passion for helping individuals and organisations to optimise their growth potential.

In addition to her work as a facilitator, delivering sessions and presenting, Claire also works as an independent consultant providing emotionally intelligent strategic solutions, embedding compassionate leadership and maximising growth.

In her spare time, Claire runs for mental health and wellbeing, including running marathons and ultra marathons.

Course date

20 January	**Recorded webcast** 12:00-13:00 **UK (London)** (UTC+00) *Course code 16769*

How to book

Online:
ipi.academy/3323

Alternatively contact us to book, or if you have any queries:

Email:
info@ipiacademy.com

Phone:
+44 (0)20 7749 4749

Discounts

- Booking more than one delegate on any one date qualifies for a **30% discount** on the second and subsequent places.
- Most events qualify for an **early booking discount** prior to 6 weeks before the course date. Be sure to check on our website, where the latest discounts will be shown.

Further information

Fee
The fee includes all meals and refreshments for the duration of the course (for venue-based courses) and a complete set of course materials (provided electronically). If you have any particular requirements, please advise customer services when booking.

Please note
IPI Academy (and our training partners) reserve the right to change the content and timing of the programme, the speakers, the date and venue due to reasons beyond their control. In the unlikely event that the course is cancelled, we will refund the registration fee and disclaim any further liability.

Terms and conditions
The rest of the our terms, the event cancellation policy and the terms and conditions are on our website, please visit ipi.academy/content/terms-and-conditions

Reviews

★★★★★

Content, presentation and speaker - All good. In my role as a manager, I have/or am learning or being challenged with the current expectation of protecting mental health of my team who may have a different perspective, and I find it hard to balance this in my management approach. I loved this speakers authenticity and vulnerability as [it] helped us to relate as the listener.

Shilpa Gohil
Head of Medical Affairs
Medice UK
Jan 20 2026

Run this programme in-house for your whole team

Coming to IPI Academy for your in-house training provides an all-inclusive service which gives you access to a wide variety of content, learning platforms and delivery mechanisms as well as your own personal training adviser who will work with you from the initial enquiry through to feedback and follow-up after the programme.

With over 600 trainers, all practitioners and experts across a huge range of fields, we can provide the training you need, where you need it, when you need it, and at a price which suits your budget. Our approach to tailored learning and development consists of designing and delivering the appropriate solution for each client.

For your FREE consultation and to find out more about how we can work with you to solve your training needs, please contact our training advisers:

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IPI Academy

IPI Academy is a training initiative of Falconbury and Management Forum; leading providers of industry training for over 30 years, based in the UK.

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