



# SHEP Work-Related Stress Webinar

Thursday 17th December 2020  
12.00pm ending at 1.00pm

**GoToWebinar – Hosted by BESA**

The SHEP (Safety and Health in Engineering Partnership) work-related stress webinar is designed to help SMEs effectively identify and take measures to reduce work-related stress – this is particularly important given the current circumstances we all find ourselves in.

According to the Labour Force Survey there were 17.9 million working days lost to work-related stress, anxiety and depression in 2019/20.

The SHEP work-related stress webinar will cover what work-related stress is, the symptoms and the actions your business can take to address it, followed by a Q&A session.

## **Speakers:**

**Jonny Ward**, 'The Anxious Fireman'

**Peter Kelly**, Senior Psychologist, Health and Safety Executive Stress Policy Team.

## **Who should attend:**

The event is aimed at managers and directors in SME companies.

## **Book your place now:**

<https://register.gotowebinar.com/register/6975490193672132877>

