

# CUPE LOCAL 1978

## UPCOMING UNION EDUCATION

### **Stress in the Workplace**

**This course is being held on:**

**May 12, 2010  
8:30 am to 4:30 pm**

This course is designed to identify stressors such as job demands, job control, lack of support, management styles, bullying and lack of work and life balance that cause workplace stress and worker burnout. In this course, participants will:

- Discuss what stress is and how it affects you
- Learn about the contributing organizational stressors in the workplace
- Identify the stress hazards in your own workplace
- Discuss how stress affects our work and communities
- Develop prevention strategies to minimize workplace stress.

**REGISTRATION DEADLINE – May 5, 2010**

If you are interested in taking this workshop or need more information, please contact our office at

[office@cupe1978.com](mailto:office@cupe1978.com) or **250-472-1978**.