

QDM Limited is a stress management training company dealing with stress-related problems and issues affecting either individuals or organisations, with specialist experience in Critical Incident Stress Management (CISM).

Our trainers are Stress Management experts, with extensive experience from various professional backgrounds.

We tailor our training programmes specifically to tackle the issues of stress in your workplace and to support individuals and managers within. We also work on a one to one basis with clients.



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**GET BACK ON
TRACK WITH
QDM**





"A little help, rationally directed and purposefully focused at a strategic time, is more effective than more extensive help given at a period of less emotional accessibility."
 -Lydia Rapoport, 1962

For more information about stress, visit the following websites:



www.hse.gov.uk



www.cipd.co.uk



www.icisf.org



www.isma.org.uk

WORKSHOPS AND ACCREDITED COURSES

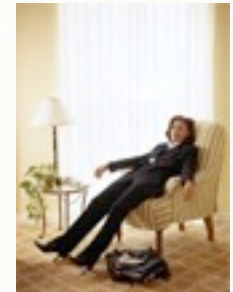
Whether you need a workshop, or a series of workshops, related to stress management and staff well-being, tailored to your organisational needs; or specific training in CISM and help with setting up your own internal or staff peer supported programmes; we can design training or individual support, according to your needs.

Developing Well-being and Performance at Work

- providing individuals and employees with the techniques and skills to combat the impact of stress at work.

Encouraging them to recognise the effects of stress in themselves and providing the knowledge to have a wide variety of practical techniques that they can use to eliminate, reduce and cope with stress.

Providing individuals with techniques for personal coping.



Tackling Stress at Work for Managers -

everything managers need to know about preventing and managing stress in the workplace and achievable solutions.

Aiming to ensure managers and leaders are able to understand and deal with situations in the workplace arising from stress in line with the new Health & Safety Management Standards.

Helping managers to apply the Health & Safety Executive standards.



Critical Incident Stress Management (CISM) -

designing your own organisational programme from experience with different industries (we have a specialisation in transport and communication) both in the UK and internationally.

Trainers include accredited International Critical Incident Stress Foundation instructors and experienced practitioners and therapists.

Developing CISM support for when the usual coping mechanisms are overwhelmed.

