

Workplace Stress Matters

Lead with Love: Reducing Workplace Stress Through Better Conversations

Stress at work isn't always about deadlines. Sometimes it's about the conversation nobody knows how to start. The diagnosis nobody saw coming. The colleague trying to function while their world quietly tilts.

We talk a lot about resilience. We talk about productivity. We talk about wellbeing strategies. But when serious illness enters the workplace, whether that's cancer, long-term health conditions, or caring responsibilities, stress becomes deeply personal.

And how it's handled can either ease pressure... or quietly increase it.

This session goes beyond awareness and explores what "leading with love" really means in a professional setting. Not being overly emotional. Not overstepping boundaries. But responding with steadiness, clarity and humanity when work and real life collide.

Session Outline:

- Stress Beyond Workload – Why uncertainty, silence and avoidance often create more anxiety than targets ever could.
- When Illness Enters the Workplace – Understanding the ripple effect on individuals and teams.
- The Legal Landscape – What the Equality Act 2010 means in practice, and how clarity around rights and responsibilities reduces stress.
- Reasonable Adjustments & Real Conversations – How small, thoughtful changes can make a meaningful difference.
- The Stress of "After" – Why returning to work isn't a simple reset button.
- Supporting Carers – Recognising the hidden strain carried by those supporting loved ones.

Facilitator: Sharron



Sharron is a Mental Health First Aid Instructor and Cancer Awareness Trainer, who has worked with leading brands and brilliant teams of all sizes. She knows exactly how powerful the right support at work can be – and how damaging it feels when it's missing.

Her training is human, practical, and impossible to forget. Making complex topics accessible, practical, and impactful, Sharron is all about shifting perspectives, inspiring action, and creating culture change that lasts.