Elevora
Global Training

COURSE BROCHURE

Psychosocial Risk and Workplace Wellbeing

Health, Safety & Environment

Rising demand 2028

Code	Duration	Formats	Language	Certificate
HS-112	**5 or 10 days**	**Classroom, live online, in-house, blended**	**English or Arabic**	**Certificate of completion**

A practical health, safety and environment course covering psychosocial hazards at work, ISO 45003 guidance and assessing workload, stress and fatigue. Run as a 5-day core or 10-day extended programme, in 16 cities, live online or in-house, and fully customisable for your team.

About this course

Psychosocial Risk and Workplace Wellbeing gives delegates a structured, practical understanding of psychosocial hazards at work and ISO 45003 guidance, then builds the skills to apply assessing workload, stress and fatigue, interventions and support and monitoring wellbeing in real work. Sessions are led by practitioners with at least 15 years in the field.

What you will learn

- Psychosocial hazards at work
- ISO 45003 guidance
- Assessing workload, stress and fatigue
- Interventions and support
- Monitoring wellbeing

Who should attend

HSE professionals, supervisors, engineers, auditors and line managers responsible for safe operations.

5-day course outline

Day 1	**Psychosocial hazards at work**	Concepts, standards and terminology, with a diagnostic exercise to baseline the group.
Day 2	**ISO 45003 guidance**	Methods and tools explained step by step, with worked examples from real operations.
Day 3	**Assessing workload, stress and fatigue**	Hands-on practice in small groups using realistic data, cases and templates.
Day 4	**Interventions and support**	Case studies of successes and failures, and how to apply the lessons in your organisation.
Day 5	**Monitoring wellbeing**	Integration exercise, final knowledge check and a personal action plan.

10-day extended programme

Includes the full 5-day outline, plus a second week of applied work:

Day 6	**Applied workshop: Psychosocial hazards at work** — Deeper practice with your own data or site examples.
Day 7	**Applied workshop: ISO 45003 guidance and assessing workload, stress and fatigue** — Group exercises that combine methods from week one.
Day 8	**Field case study: Interventions and support** — A detailed industry case worked through from start to finish.
Day 9	**Advanced practice: Monitoring wellbeing** — Tools, templates and checklists to take back to work.
Day 10	**Assessed project and presentation** — Each delegate presents an improvement plan and completes the final assessment.

Upcoming classroom dates

More dates, cities and live online sessions on request.

Dates	City	Length	Fee per delegate
9 Nov 2026 to 13 Nov 2026	Kuala Lumpur	5 days	**$2,450**
21 Dec 2026 to 25 Dec 2026	Kuala Lumpur	5 days	**$2,450**
18 Jan 2027 to 29 Jan 2027	Barcelona	10 days	**$6,250**
15 Feb 2027 to 26 Feb 2027	Amsterdam	10 days	**$6,250**
8 Mar 2027 to 12 Mar 2027	Kuala Lumpur	5 days	**$2,450**

Fees per delegate (2026 to 2027)

Format	5 days	10 days
Classroom: Dubai, Istanbul, Cairo, Kuala Lumpur	**$2,450**	**$4,450**
Classroom: London, Europe, Singapore	**$3,450**	**$6,250**
Live online	**$1,450**	**$2,650**
In-house, group of up to 15	**From $12,900**	**From $23,500**

Classroom fees include tuition, materials, lunch and refreshments, and a certificate. 10% group saving for 3 delegates, 15% for 5 or more.

Tailored to your team

Change the level, language, length (1 to 20 days) and format, add topics from other courses or entirely new topics, and include your own case studies, site visits or exam preparation. Build it online for an instant indicative fee.

Register or request an in-house proposal

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