

# Pragma+Associates

Our stress risk management team

The cost savings and health benefits of effective action to manage occupational stress risks are potentially enormous. Our unique team are available to help you.



**Ches Moulton**  
**Certified Stress Management Consultant**

Ches has 25 years of international experience in the design, development and delivery of occupational stress risk management to organisations and individuals. Ches has particular experience of workplace stress evaluation and coaching of workers experiencing symptoms of work related stress.



**David Paveley** CMIOSH PIEMA  
**Chartered Health & Safety Practitioner**

Dave has 20 years of experience in the practical management of occupational Health and Safety risks and assists employers with their legal duty to protect employees from stress at work. Dave has particular experience of risk assessment and working with employers to achieve appropriate standards.



**Laura Naughton**  
**Chartered Manager**

Laura leads our stress risk management team. She has hands on experience of managing stress risks in practice and will be happy to talk to you about how Pragma can help employers benefit from improved workplace stress management.

**Workplace stress causes huge individual and organisational costs.  
Active management of stress will:**

- Minimise the costs of stress related ill health
- Provide measurable improvement in worker mental health and wellbeing
- Provide assurance that appropriate standards are being met and provide protection from legal action
- Improve workplace productivity and effectiveness
- Minimise Health and Safety risks

**Our programmes are tailored to the individual needs of your organisation.**

**We will work with you to define your objectives and quantify the existing levels of stress in your organisation.**

**We will set targets for improvements and measure the effect of improvement strategies.**

Pragma

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