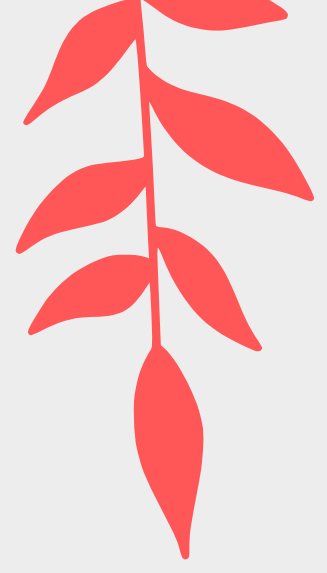


# **HUMERA AKBAR HANNAM**

**INSTRUCTIONAL DESIGNER**

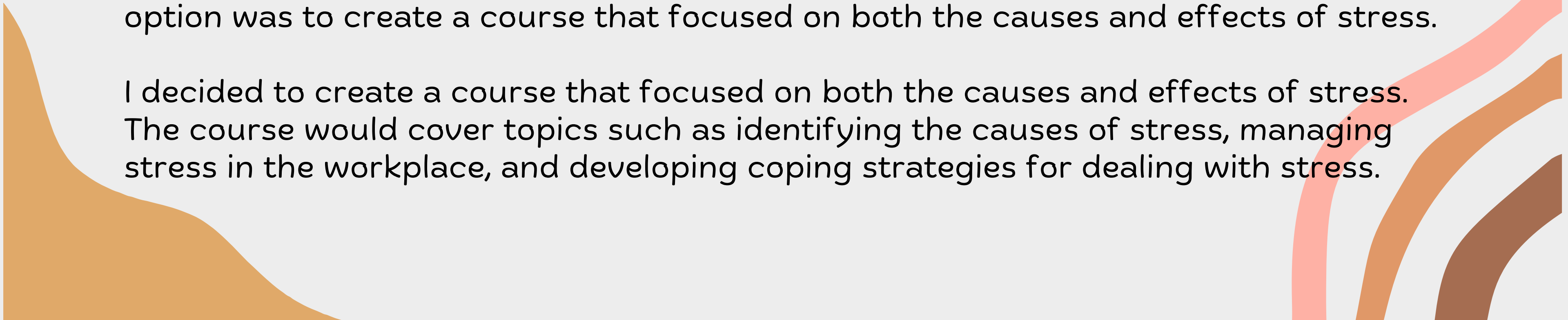


# CASE STUDY - DEALING WITH STRESS



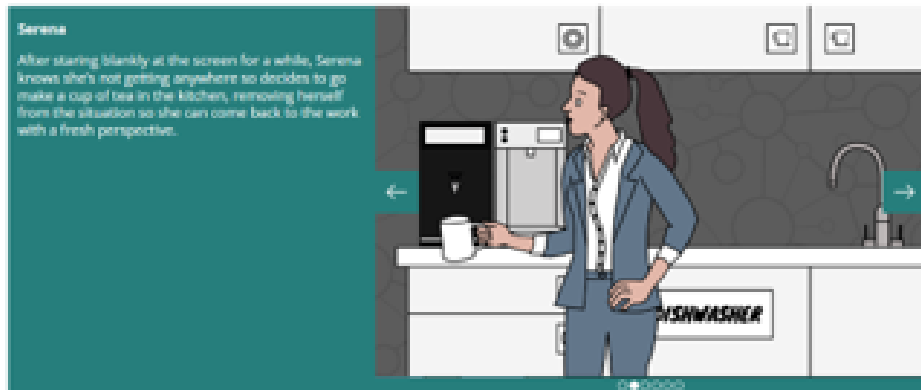
**Business Challenge:** My company wanted me to create an online course on stress management for its employees.

**Options Explored:** I explored several options with the SME when designing the course on stress management. The first option was to create a course that focused on the causes of stress and how to identify them. The second option was to create a course that focused on the effects of stress and how to manage them. The third option was to create a course that focused on both the causes and effects of stress.

I decided to create a course that focused on both the causes and effects of stress. The course would cover topics such as identifying the causes of stress, managing stress in the workplace, and developing coping strategies for dealing with stress.



# EXAMPLE STORY BOARD - DEALING WITH STRESS

Screen Title:	Screen Reference Number: 6.0
<b>Purpose of Screen:</b>  To show the beginning of a case study of how Serena deals with stress in the workplace	
On Screen Text	Voice Over
Let's take a look at Serena's experience of dealing with stress in the workplace. Scroll through the slides below to learn more:  Serena is feeling stressed as the big project she's working on for her company, Sail Away, is due in a few days but is only half finished. Her desk is covered in papers and she has several documents open on her computer. Overwhelmed, Serena doesn't know where to start.	No voice over
Screenplan	Graphic Design
6.0   On-Screen Text   Imagery	<p>Let's take a look at Serena's experience of dealing with stress in the workplace.</p> <p>Scroll through the slides below to learn more:</p> <div><div><p><b>Serena</b></p><p>After staring blankly at the screen for a while, Serena knows she's not getting anywhere so decides to go make a cup of tea in the kitchen, removing herself from the situation so she can come back to the work with a fresh perspective.</p></div></div>

# VISUALS

Let's take a look at Serena's experience of dealing with stress in the workplace.

Scroll through the slides below to learn more:

## Serena

Back at her desk, Serena takes a minute to sort out the papers, grouping relevant ones together and ordering them according to priority. She also closes all documents except for the one she wants to work on and now feels able to focus on what she has to do.



## Case Study Question

What actions do you think Serena took that helped to alleviate the symptoms of stress at work?

Select all that apply:

- ☐ Took the evening off to relax and look after her health
- ☐ Learned to say 'no' to taking on additional work
- ☐ Took breaks from work to relax and get a fresh perspective
- ☐ Tidied and prioritised her outstanding work

Submit

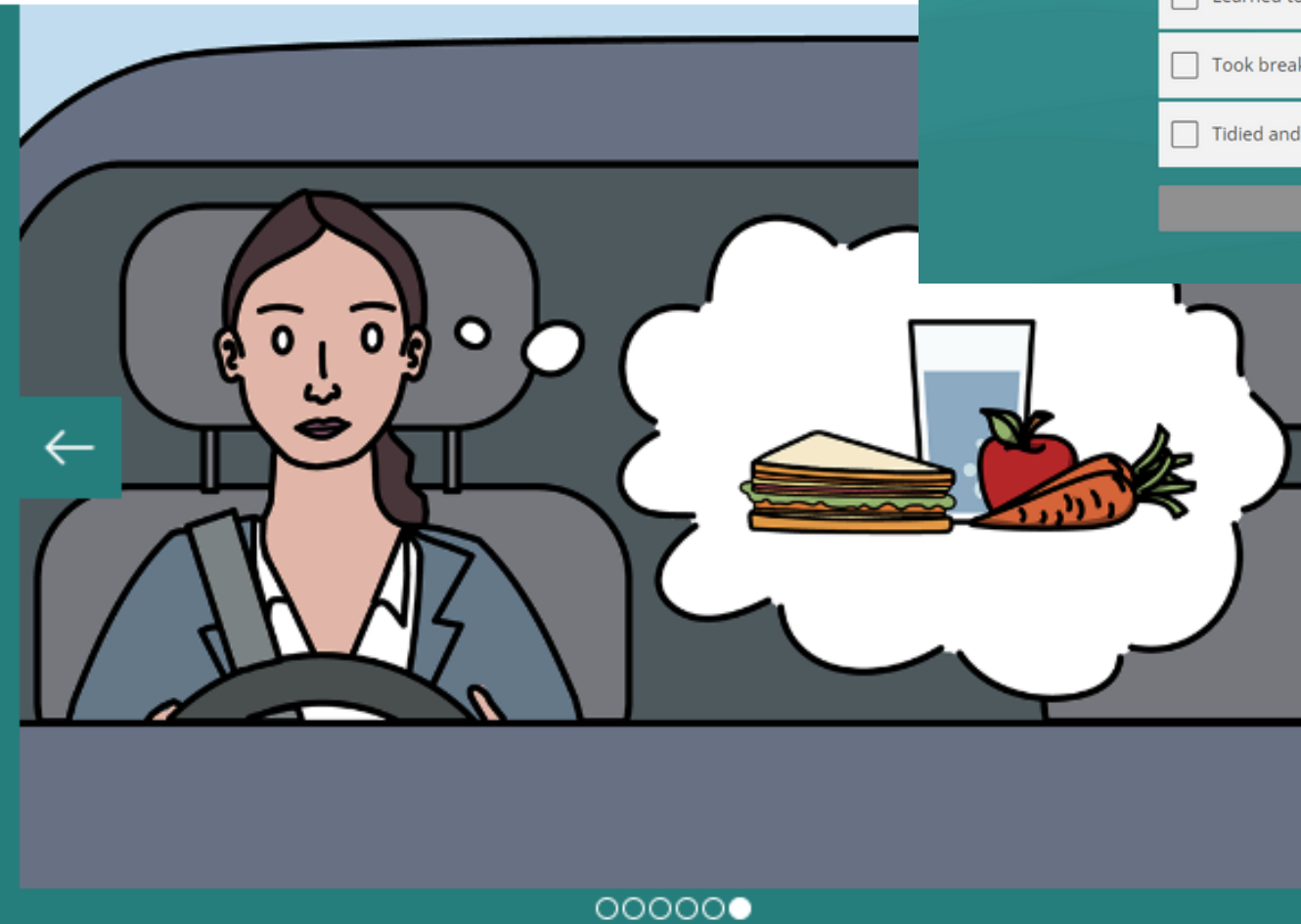
Show Feedback

Let's take a look at Serena's experience of dealing with stress in the workplace.

Scroll through the slides below to learn more:

## Serena

When she leaves work Serena feels less stressed about the project and its deadline. Serena heads home to relax and eat a healthy meal so she can be back refreshed and ready tomorrow.





# EVALUATION

I evaluated the effectiveness of the training course using a short survey with a group of 20 participants. Many people wanted to see more examples of day to day stresses at work, with some practical advice on how to deal with them. I used this feedback to improve the training by including a scenario which is shown in the visuals above.







# CASE STUDY - SAFETY TRAINING ON HOW TO USE A BILLHOOK




**Business Challenge:** My company was experiencing safety issues with the use of billhooks at their forest schools. I was tasked with creating an online course to address these issues.

**Options Explored:** I spoke with the head of Health and Safety who sent me some research which identified the best practices for using billhooks safely. I was asked to include information on the types of injuries that can occur when using billhooks incorrectly and how these injuries can be prevented. I also filmed a video of 2 of the forest school teachers using a Bill hook correctly.



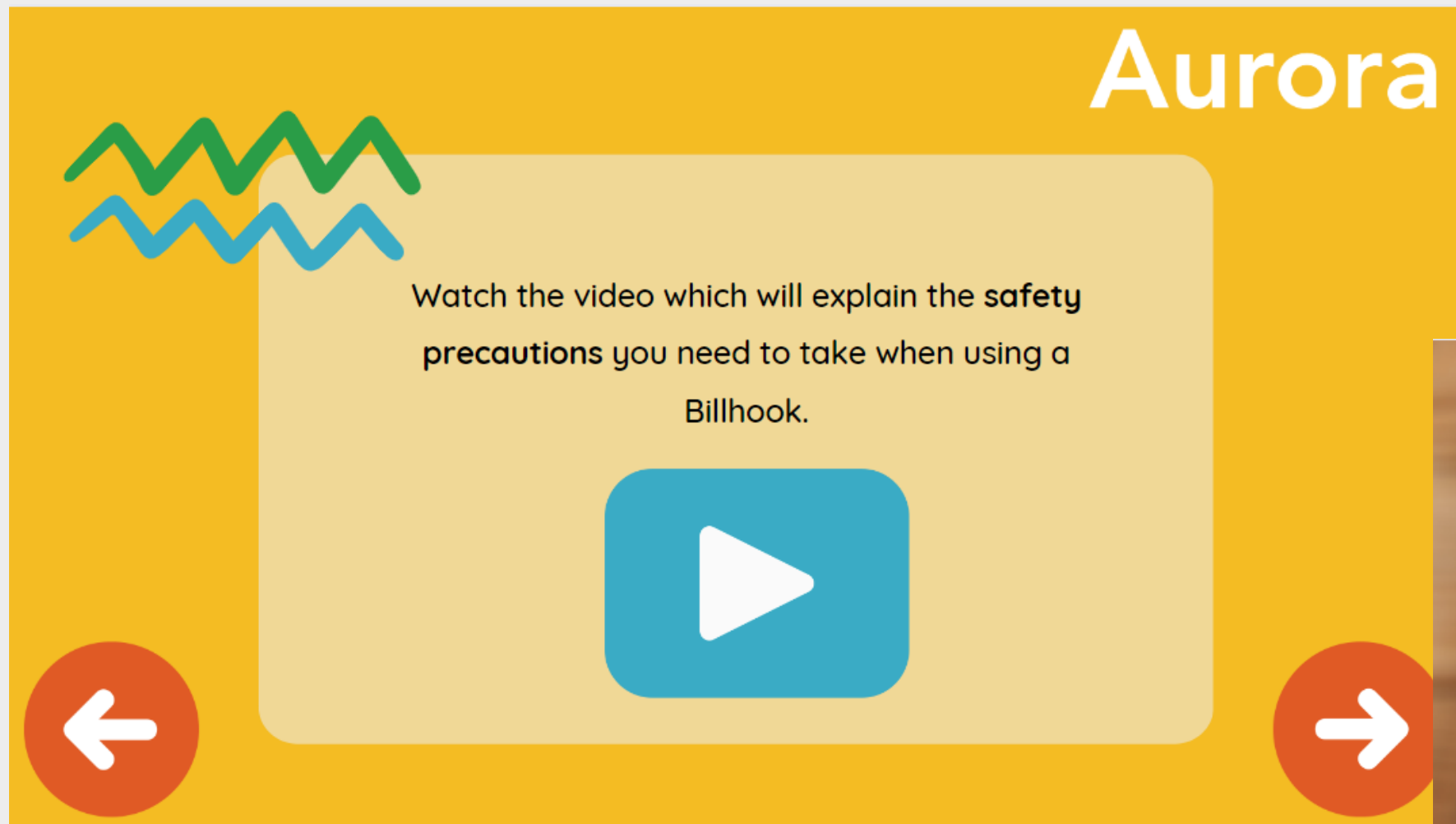
# EXAMPLE STORY BOARD - USING A BILLHOOK

Screen Title:	Screen Reference Number: 7.0
<b>Purpose of Screen:</b>  To show a video of how to use a billhook safely	
On Screen Text	Voice Over
Watch the video which will explain the <b>safety precautions</b> you need to take when using a Billhook.	Welcome to our video on how to use a billhook correctly."  "A billhook is a tool used for cutting and trimming small branches and brush."  "When using a billhook, it's important to hold it with both hands and keep your fingers away from the blade."  "To use the billhook, you want to make sure you're cutting at an angle and not straight down."  "When cutting, make sure you're using the full length of the blade and not just the tip."  "And that's how you use a billhook correctly."

Screenplan	Graphic Design
7.0  On-Screen Text  Video	



# VISUALS







# EVALUATION

I evaluated the effectiveness of the training course using a short survey with a group of 30 participants. The learners found the video very useful and but said that they would benefit from a face to face training session too.

