



Profile

# Sarah Cave

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### General Information

#### Qualifications

RN (Registered Nurse)

BSc (Occupational Health)

MSc (Occupational Health Psychology)

#### Memberships

Chartered Member of the Institute of  
Occupational Safety & Health (CMIOSH)

Royal College of Nursing (RCN)

Ethics Committee of the Faculty of  
Occupational Medicine



### **Biopic**

- Sarah is an Occupational Health specialist with experience of working in diverse organisations. From a background of clinical practice managing the health of individuals within their workplace, she has developed skills and expertise in training to support organisational development initiatives. These are focused round the health-work interface, with management development and employee resilience the main areas of recent work. She works across a variety of business sectors, addressing attendance management, health risk assessments, health, safety and performance. She is an extremely effective presenter, and trainer, using her background in health and psychology to tailor courses to meet specific needs.

### **Examples of Assignments (Training)**

#### **Global Oil and Gas Company**

- Undertook a stress audit in an overseas region in conjunction with the corporate Health & Safety team. Designed a train-the-trainer package to assist the company in addressing identified stress-related issues. Led the training of the trainers, with post-course support as the trainers implemented the programme.

### **International HR Company**

- Designed and led a train-the-trainer course for HR and Safety personnel aimed at increasing employee resilience to work-related stressors. Follow-up included two workshops to facilitate the transfer of the training to company sites.

### **Food Distribution and Logistics Company**

- Initially led training for new managers on dealing with sensitive issues at work (ranging from dealing with conflict to discrimination and managing disability). Subsequently commissioned to undertake training of HR and senior managers on fitness to work – addressing both the legal issues of managing employee attendance and the practical aspects of dealing with individuals.

### **NHS**

- Designed and ran a series of half-day workshops for staff in an NHS Trust aimed at increasing their understanding of stress, and introducing them to some core coping strategies.

### **Call-centre**

- Commissioned to design and lead half-day workshops for employees to support other initiatives to reduce stress-related absenteeism. Ran courses over 6 months, and feedback suggested that the training played a significant part in improving attendance and employee relations.

### **Local Government**

- A commission for a 1-day course on fitness for work for HR managers led to additional training in risk assessment for work-related stress and an introduction to stress management for the HR team.