

## Unit 302: Supervise and monitor own section

### Activity 19: Personal and operational pressures

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Working in small groups list examples of:

- a) Personal problems that cause pressures when working in a production kitchen
- b) Operational problems that cause additional pressures in a production kitchen

Working Individually, suggest how each of the personal and operational problems could be managed to avoid additional pressures in the workplace.

When working in the kitchen implement the strategies you have identified and reflect on how they contributed to reducing pressures.