

Unit 302: Supervise and monitor own section

Activity 18: Reducing workplace pressures

Production kitchens can be a very stressful environment and can often cause both personal and organisational pressures.

- a) Working in small groups, discuss the procedures that can be implemented to reduce pressures in a production kitchen.

- b) Working individually, describe the personal strategies that you adopt to reduce pressure in the working environment.

- c) Discuss your personal strategies with a peer to compare and develop ideas.

- d) Produce a plan that you could implement when supervising a section in a production kitchen to reduce workplace pressures.