



Ref T&D4

## **Practical Stress Awareness – Level 2**

### Course Duration:

1 day

### Course Aim / General Introduction:

This one day course will make you understand the processes, making you more effective and increasing your confidence and sense of achievement. This course benefits anyone who needs to learn the fundamentals of dealing with the 'stressor' that affect our wellbeing and confidence.

### Learning Outcomes:

- To understand what stress is
- To recognise the importance of stress and the effects it has on people
- To recognise the sources and impact of stress
- To understand stress behaviour patterns and their effect
- To understand how to minimise the impact stress has on individuals
- Understand that there are some techniques that can be used to combat stress
- To understand via an action plan how to manage personal stress effectively

### Who will benefit from the course?

Senior/junior managers, directors, administrators, customer service and technical staff

Teaching and Learning / Assessment:

- Group / Individual exercises
- Case study
- Role play exercises
- Group discussion

Capacity:

12 people

Price:

- In-house session @ £420, plus VAT
- In-house session @ £75, plus VAT per additional delegate
- Grouped training @ £195 per person, plus VAT
- One to one session @ £200 per person, plus VAT

Qualification:

On successful completion of this course students will be awarded the OCN Level 2 award in Practical Stress Awareness.

The award is issued through Life Environmental and The National Open College Network who are approved as an awarding body with the Qualifications and Curriculum Authority (QCA).



**For further information, including course booking:**

**Telephone: 0113 2700775 / 07894 488628**

