



Ref T&D6

## **Understanding Stress and Stress Management Techniques – Level 3**

### Course Duration:

2 days

### Course Aim / General Introduction:

This course is designed for people who wish to develop a greater understanding of the nature, causes, symptoms and techniques for managing stress, at a personal and workplace level.

### Learning Outcomes:

- Demonstrate an understanding of the term stress
- Recognise signs and symptoms of stress
- Appreciate potential causes of stress in everyday life
- Demonstrate an understanding of stress management techniques
- Devise a stress management action plan for a selected individual

### Who should attend this course?

All members of staff within the organisation

### Teaching and Learning / Assessment:

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

Capacity:

12 people

Price:

- In-house session @ £590, plus VAT
- In-house session @ £125, plus VAT per additional delegate
- Grouped training @ £295 per person, plus VAT
- One to one session @ £300 per person, plus VAT

Qualification:

On successful completion of this course students will be awarded the OCN Level 2 award in Understanding Stress and Stress Management.

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**

