



**Course title:** Stress Management

**Duration:** Half Day

**Maximum number of learners:** 16

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### **Course overview:**

This course has been developed to show how the root causes of stress can be dealt with successfully, how you can better cope with stressful situations, how employers can adapt the workplace to improve employee welfare and outlines how Cognitive Behavioral Therapy and Neurolinguistic Programming can be used to control the level of stress you experience. This Stress Awareness training also provides a range of useful and practical ways and strategies in which both employers and employees can deal with stress and reduce it to a manageable level.

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### **Course learning outcomes:**

By the end of the day, learners will be able to:

- Define what is meant by stress and work-related stress.
- Identify the symptoms of stress.
- Explain the typical causes of stress in the workplace and at home.
- Undergo a stress risk assessment.
- Discuss the importance of controlling stress and know how to cope with stress when it arises.
- Identify what changes can be made in the workplace and at home in order to deal with the causes and effects of stress.
- Describe the importance of talking therapies that can help overcome stress.
- Discuss the importance of self-awareness