



Stress Awareness & Management - E-Learning

Course Aim

This e-learning course provides delegates with training with identify and prevent stress in the workplace.

Available in over 34 languages

Our courses are machine translated* into a variety of popular International languages, so regardless of location or language preference, we've got you covered. Our machine translated content includes the translation of course transcripts and test questions.

**Content which is not English may be machine translated and is for assistive purposes only. We cannot guarantee the accuracy of translations.*

Agenda

The course modules cover:

- Understanding Stress
- Identifying Stress
- Reducing and Preventing Stress

Certification

Delegates will receive a HSS printable certificate in Stress Awareness & Management upon completion of the course.

This course is approved and accredited by IOSH and Skills for Care.

Who Should Attend?

This online Stress Awareness & Management Training has been designed for delegates from all levels of business to complete in order to help them identify and prevent stress in the workplace.

Course Duration

This is a 30 minute course.