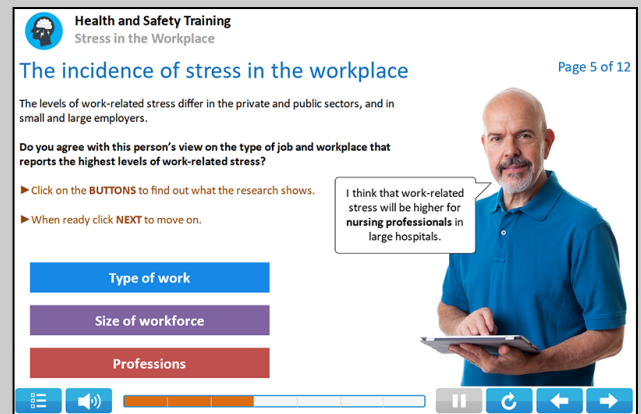
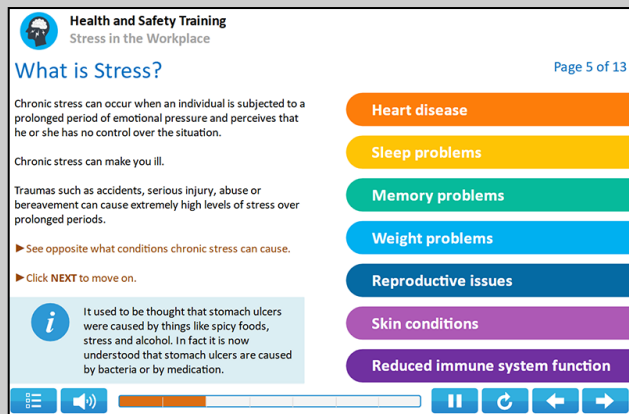


ENGAGING, RELEVANT, COST EFFECTIVE TRAINING

Stress in the Workplace Awareness

£17.50 + VAT



- ✓ Assured by RoSPA Qualifications
- ✓ Certified by CPD
- ✓ Audio voiceover
- ✓ Downloadable certificate on completion
- ✓ 100% online training
- ✓ No time limits



Our online Stress in the Workplace awareness training makes you aware of the potential impact of work-related stress, helps you to recognise your own stress triggers and helps you manage any work-related stress you are experiencing.

Stress can affect all of us, therefore this training is suitable for people of all levels and in all areas of work. Employers are required by law under the Health and Safety at Work Act 1974 to take reasonable steps to minimise the risk of stress-related illness or injuries relating to stress.

The approximate duration of this training is 1 hour.

PURCHASING FOR YOUR ORGANISATION

If you are buying for your organisation rather than for yourself, it is simple for you to add learners, assign training and print certificates. You will have a dashboard to monitor learner progress.

Our training licences **don't expire** and are only assigned to a learner when they launch the training. Substantial discounts are available for bulk purchases.

Learners are able to download their certificate on successful completion of the online assessment.

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ENGAGING, RELEVANT, COST EFFECTIVE TRAINING

Stress in the Workplace Awareness

This training course contains the following 5 topics:

1. WHAT IS STRESS

- What is meant by the term 'stress'.
- The common causes of stress in the workplace.
- The health problems caused by stress.

2. THE INCIDENCE OF STRESS IN THE WORKPLACE

- Facts about work-related stress published by the Health & Safety Executive.
- The common causes of stress in the workplace.
- The common stress-related health problems reported to the Health & Safety Executive.

3. SYMPTOMS AND TRIGGERS OF STRESS

- The symptoms of stress.
- Things that can trigger stress.
- Some psychological research into stress.

4. MANAGING STRESS

- How some coping strategies do more harm than good.
- How physical activities help you reduce your stress levels.
- Ideas for increasing the amount of social contact in your life.
- The impact of learning, diet, expectations and clutter on stress levels.
- Creating your own stress management plan.

5. PROFESSIONAL HELP

- What to do if you feel unable to manage stress on your own.
- About Cognitive Behavioural Therapy (CBT).