

Biz Training Solutions

Stress Awareness for Staff

Summary

Stress is a reaction to pressure, strain or tension in relation to certain circumstances. It occurs when the pressure is greater than the resource. If stress becomes too excessive and prolonged, mental and physical illness may develop. Everyone will suffer with stress at some point in their life, it's how you deal with it that is important.

This course is for all staff no matter what their job role. Stress is a real issue that everyone needs to recognise and know how to deal with, both in their professional and personal lives.

Lessons:

- Lesson 1: An introduction to stress
- Lesson 2: Signs and symptoms of stress
- Lesson 3: How to manage stress

Continuing professional development (CPD):

All of our courses are certified by the CPD certification service

We offer formal accreditation:

Open College Network West Midlands is a national award winning organisation, regulated by Ofqual and the Quality Assurance Agency for Higher Education (QAA). Additional costs will apply.



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