

Managing Stress in the Workplace - Tailored Learning

Course Name	Start Date	End Date	Site	Total Fees
Managing Stress in the Workplace - Ashby Community Hub - Wednesday Afternoon -TL	26/02/2025	12/03/2025	Ashby Community Hub	0.00

Course Description

Content and Overview

This course aims to develop your understanding of stress in the workplace. You will look at the causes of stress and be able to identify stressors and learn how to manage stress and identify the effects this can have on your health and wellbeing. You will also learn to identify the signs and symptoms of stress and learn ways to reduce or prevent stress.

Suitable for

Residents who are experiencing stress in the workplace and would like to learn coping strategies.

Referrals are also accepted from employers, social prescribers and relevant partner organisations.

Entry requirements

You must be aged 19+ on 31 August 2024 and be UK resident for at least 3 years to join this course as an adult learner, and experiencing stress in the workplace.

Delivery Method

The course will be delivered face to face over 3 weeks.

Fees

Free of charge.

If you need any more information, please contact our Customer Service team on 01724 297146.