



## **Prospective – Stress at Work Awareness – E-Learning**

**Course Level:** Awareness level.

**Pre Entry Requirements:** N/A

**Course Language:** English

### **Course Suitability**

All employees / managers to help create awareness and assist with the management of workplace stress.

### **Course Objectives:**

To make management and employees aware of the consequences and some control measures for Stress in the workplace.

### **Stress Awareness Training Course Content**

- Introduction
- Employer and Employee Responsibilities
- Identifying Stress
- Fight / Flight Response
- Common Stress Complaints
- Stopping / Managing / Lowering Stress
- Lifestyle Management
- Course Summary
- Course Assessment\*

\*Learner must answer 6 out of 10 questions correctly (true or false). Two attempts available if required.

### **Our Course Video Features include**

- 6 Main Causes of Workplace Stress
- Fight or Flight
- Case Study Example 1
- Case Study Example 2

**Average User Completion Time:** 40 minutes.

### **Course Requirements**

Please note the following requirements to view our E-Learning courses, reliable internet access and audio speakers or earphones.

### **Additional Information**

Upon successful completion of the course, course notes and a certificate will be immediately available for the user to download. The fee listed for each course is fully inclusive and there are no extras.