





STRESS MANAGEMENT

This course is designed to help you understand work-related stress. The course will help you to understand what stress is, the common stressors and causes and the various strategies to manage work-related stress.

The course covers the importance of personal resilience and how this can help you to cope with stress, and finally will help you learn the steps to carry out a risk assessment for work-related stress

 <p>Areas Covered</p>	 <p>Who is it aimed at?</p>
<p>Defining stress The causes of stress at work Effects of stress on job performance Strategies for managing stress Stress reduction Stress and the law Management of Health and Safety at Work Regulations HSE's management standards Risk assessment for work-related stress</p>	<p>This Short Course is ideal for any organisation and can be utilised as part of a workplace's health and wellbeing programme. Individuals may wish to use this course to understand their stress triggers and how to best deal with them. This course can be used as a stand-alone module or included in an induction programme.</p>

	<p>▶ Learners will receive a Highfield e-learning completion certificate, which is downloadable upon successfully finishing the course.</p>
	<p>▶ Our e-learning is available to use on multiple platforms such as tablets, PC's and laptops. All you need is a good internet connection. Learners simply log on to the Ubique Learner Management System (LMS) and work their way through the course, along with the scenarios that provide them with real-life context.</p>

Why Choose Ubique Safety Consultancy E-learning?

We make the most complex of subjects easier to digest through media and content-rich exercises that motivate and engage learners. All our e-learning uses interactive exercises and gaming combined with media-rich content, interactive scenarios, and relevant photography and illustrations. Content is provided by industry-leading experts. What that means for your learners is stimulating and engaging content they will respond to and, most importantly, remember.

Key Details

- Prerequisites:** No prior Knowledge Needed
- Assessment:** Multiple Choice Questions
- LMS:** Yes
- Compatibility:** Laptop/ Desktop/ Tablet

