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Managing Stress

(9687)



COURSE DESCRIPTION

This course, reviewed by Sparke Helmore Lawyers, has been designed to provide you with an understanding of workplace stress and a range of strategies to help you manage stress.



Learning Outcome

After completing this course, you will:

- have an understanding of what stress is and how it affects people and organisations
- have an understanding of negative and positive stress
- be able to identify some of the signs and symptoms of negative stress, and
- be able to identify and apply some stress management techniques.



Course Features

- Adaptics - Kineo's unique approach to refresher training
- professional audio
- animation and interactivity
- WCAG 2.0 accessibility
- mobile compatibility
- formative assessments, and
- a certificate of completion.



Audience and Duration

The course has been designed to provide training for all employees in an organisation.

Duration: 50 minutes

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