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Stress Less at Work

(25224)



COURSE DESCRIPTION

This course has been developed 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:

- What is stress
- Stress in the workplace, and
- Building resilience to stress.



Course Features

- Adaptics
- Assessments
- Certificate of completion
- Interactive activities
- SCORM deployment available
- Video
- Voice Over
- WCAG 2.0 accessible



Audience and Duration

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

Duration: 40 minutes

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