



IMPULSE TRAINING

E-LEARNING SHORT COURSES FACT SHEET

COURSE TITLE	STRESS MANAGEMENT
COURSE LEVELS	INTRODUCTORY
COURSE OVERVIEW	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.
COURSE CONTENT	<ul style="list-style-type: none">• 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
WHO IS IT AIMED AT?	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.
COURSE DURATION	20-40 minutes
TEST/CERTIFICATION	Learners are assessed at the end of the course by multiple-choice questions. Learners will receive a Highfield e-learning completion certificate, which is downloadable upon successfully finishing the course.
COST	£5.00