

Course Title	Stress Management	Duration	One day	General
Outcomes	By the end of this training, your delegate will: <ul style="list-style-type: none"> <li>✓ understand the causes of stress</li> <li>✓ be able to spot the warning signs in other colleagues</li> <li>✓ be able to take steps in avoiding stress</li> <li>✓ be able to deal with stress in a positive way</li> </ul>			
Prerequisites	None			
<i>NB : This course forms part of a BTEC qualification and includes delegate assessment during the course.</i>				
Session	Aim	Content		
Introduction	To explain the aims of the course and understand particular objectives of individuals	<ul style="list-style-type: none"> <li>◆ Introductions</li> <li>◆ Understand the objectives and the process of the course</li> <li>◆ Agree what outcomes are required</li> </ul>		
What is Stress?	To understand the causes of stress	<ul style="list-style-type: none"> <li>◆ What is stress?</li> <li>◆ Fight or flight</li> </ul>		
Warning Signs	To be able to spot warning signs in other colleagues	<ul style="list-style-type: none"> <li>◆ Prolonged effects of stress</li> <li>◆ Signs of stress</li> <li>◆ Major responses to stress</li> </ul>		
Avoiding Stress	To be able to take steps in avoiding stress	<ul style="list-style-type: none"> <li>◆ Stress and performance</li> <li>◆ Stress and the individual</li> <li>◆ Stress in the workplace</li> <li>◆ Personality types</li> <li>◆ Hardiness</li> </ul>		
Stress Management	To be able to deal with stress in a positive way	<ul style="list-style-type: none"> <li>◆ Coping with stress</li> <li>◆ Stress management</li> <li>◆ Lifestyle coping skills</li> </ul>		
<b>Book this course now :</b>				
Cost	Price Code A			
To book this event	ITS Training (UK) Ltd, 21/22 Oliver House, 23 Hall St, Chelmsford, Essex. CM2 0HG Tel: 08454 300 262 e-mail: <a href="mailto:bookings@its-training-uk.com">bookings@its-training-uk.com</a>			